

# **CELESTIAL BODIES**

*An Astrological Path  
to Total Health*

**Kathleen Johnson**

# DISCOVER THE HEALTH SECRETS OF YOUR SUN SIGN!

Today, millions of Americans are dieting, exercising and changing their lifestyles in an effort to be healthy and fit. Now Kathleen Johnson, a respected professional astrologer, turns to the stars for your inner key to self-fulfillment-and offers a unique holistic approach to improving your overall health. She explains, for every sign in the Zodiac, how strengthening your natural defenses and immune system can help you to prevent disease, illness and injury.

You'll find:

- general characteristics of your sign and the parts of the body it rules
- common complaints and illnesses associated with your sign
- suggested natural remedies, foods, herbs and daily routines to aid your body's healing powers
- the most effective doctors and medical treatments for each sign
- how your opposite sign influences your mental, emotional and spiritual balance

CELESTIAL BODIES provides you with the practical information you need to achieve-and maintain-your best level of total good health 1

# *Chart Your Own Course to Improved Total Health!*

Whether you're an Aries or an Aquarius, a Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn or Pisces, *CELESTIAL BODIES* is the personal astrological health guide that can change your life. Discover:

- what your physical strengths and weaknesses are
- how the emotional reactions typical of your sign affect your health
- why understanding your personal pattern of energy is essential to self-healing and better health
- how your mind, body and spirit work together for the total well-being you seek

*and* why astrology is the unique source of self-knowledge to help you be the best that you can be!

***IT'S ALL IN THE STARS . . .***

**CELESTIAL  
BODIES!**

The information contained in this book is based primarily on the astrological sciences. Before any diagnosis is made or remedies prescribed, you should consult your physician or medical practitioner. It is my intention that this book should only enlighten so that it may enhance your well-being.

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*To Lewis Merenstein, who got me started,  
and Eileen Nauman,  
who pulled me over the finish line*

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# *Introduction*

## THE OFFERING OF THE STARS

Good health is something which is on everyone's mind these days as we constantly seek new ways to improve the quality of our lives. We are running for our lives, becoming more involved in alternative and holistic methods of healing, changing our diets, and trying to improve or remove our various bad habits that have a negative effect on our bodies. As life becomes richer and more varied, we become increasingly attached to it and all of its accompanying pleasures. We wish to avoid the weaknesses that often come with aging and continue to enjoy the zest and energy of our youth. Yet we seem to be moving further and further away from the natural sources of energy which are available to us.

In a world where technology seems to be swiftly overwhelming humanity, we need to explore all possible avenues that may help us to reaffirm our personal potential. There are

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certainly numerous pathways open to us. It is barely possible to pick up a magazine without finding at least one surefire diet or magic formula that will do everything for us, allowing us to emerge on the other side as renewed and healthy individuals. The fact of the matter is that the magic that really works is already within you. It takes dedicated personal effort and a lot of patience to bring it forth, but it can surely be done. The best effort is the one which is based on genuine understanding of and caring for yourself and your total well-being.

In the complex stresses of today's society, it is difficult to keep a clear view of ourselves. Each and every day we see only too clearly how others are suffering, as the media bring the pieces of an often tragic world closer to our own lives. New ailments and diseases appear, many seeming to be without cure or remedy of any sort. We see what seems to be incontrovertible proof that we are only too frail and mortal. One begins to think that perhaps it isn't really worth it to devote a lot of time and energy to the healing, or even the healthy maintenance, of the body. After all, it is only a body and so easily harmed. The reality of the matter is that our bodies are all we have to live in and we owe it to ourselves to do the best we can with them.

We hear the expression "holistic healing" often these days. This book covers a lot of what holistic healing is all about. Holistic healing is based on the philosophy that we function as a whole unit, not just the sum of our parts. We must heal all of ourselves, not just one piece of ourselves, otherwise we become ill again. Holistic treatment is different from the now-conventional allopathic medicine, which embraces the idea that the use of drugs to produce an effect that is different from the disease is what works. This book's approach also extends beyond homeopathic medicine, which uses natural remedies that produce symptoms similar to the disease to administer to the root cause of an illness, thus getting the body to use its natural defenses to throw off the disease. The main thing to remember

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is that natural self-healing techniques take time, so prepare yourself for a slow, but often effective process.

As we learn to blend our minds, bodies, and spirits together in a positive way, we will become the person we want to be. Our good health can only come from our being thoroughly tuned in to ourselves. Even the healthiest of bodies will eventually succumb to an unhealthy mind or spirit as the inner messages get distorted. As a result, we are often busily looking in all the wrong places for the answers we need. We should be loving and tending the flowers in our personal gardens instead of trampling them down in an endless search for weeds. If we give the flowers enough attention and reinforcement, they will kill off the weeds by their sheer abundance of life and good health.

It is necessary to understand your personal patterns of energy and how they function at their best. You will have to work at it, for it often means that you have to learn to swim crosscurrent to your usual patterns of behavior. We have so much power within ourselves—if we can just find the key that unlocks it for us. Then we can bring a new level of growth into being. Self-knowledge is the key to healing ourselves now and preventing illness in the future.

Astrology has been a source of self-knowledge and understanding for many thousands of years. I believe that its potential for contributing to improving the human condition is only just being touched. There are endless amounts to be dipped out of this well of information which can be useful when properly applied. Unfortunately, at this time, astrology is best known through the sentence or two which you can read in the daily paper under your birth sign. The real meanings and applications of astrology go far beyond simple predictions. It is, in truth, a very precise method of determining the assets and liabilities of your being. Astrology is a study of energy in many different forms. The way that these energies affect our lives and how we react to them tells our own personal story.

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Many people feel that astrology is something that may have been very popular, possibly even useful, at a more superstitious time in our history. After all, at one time people endowed everything around them with some form of divinity. It is true that astrology began and flourished during that time in the world's history. It came into being because men who observed the nighttime skies began to make a correlation between notable heavenly events such as eclipses or comets and events which were taking place on earth at around the same time. Star charts from Egypt have been dated at about 4200 B.C. The Chaldeans drew up tables of planetary motion called ephemerides during the middle of the seventh century preceding the birth of Christ. It is they who gave us the concept of the zodiac and used this system to predict wars, natural disasters, and other changes within their world.

Astrology quickly progressed to the stage where, given the person's date, time, and place of birth, an individual horoscope could be cast. Claudius Ptolemy, a leading intellectual of Alexandrian society, wrote the first astrological textbook that we know of during the second century A.D. At the same time, astrology was so popular in Rome, then the center of the civilized world, that there were those who would not appear in public on a given day without consulting their personal astrologer. Rulers throughout the world kept their astrologers by their side to advise them. In the Middle Ages, astrology and astronomy were the same science, and there was a chair of astrology at the University of Bologna.

In a more modern time and application, Carl Jung used astrological knowledge on a wide-ranging basis and employed an astrologer as a full-time member of his staff, using the results of his consultations as a preliminary basis for further study of psychological problems. Intensive study of our biological clocks by American scientist Dr. E. M. Dewan and Czech psychiatrist Dr. Eugen Jonas has proved undeniable

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correlations between our personal rhythms and the waxing and waning of the moon.

Astrology is experiencing a tremendous resurgence in this Age of Aquarius, the sign that rules astrology today. In 1974, with the motion of Uranus, the planet of invention and discovery, into the sign of Scorpio, which rules medical research, medical astrology began to come into its own once again with more acceptance from the medical community. Now that Pluto, the ruler of Scorpio, is in its own sign for the next several years, it is time for further dissemination of information about medical astrology.

Of the several thousand members of the American Federation of Astrologers, there are close to two hundred practicing medical astrologers, many of whom are working regularly with doctors. The foremost of these is Eileen Nauman, whose book, *The American Book of Nutrition and Medical Astrology* (Astro Computing Services; July 1982; San Diego, California), is considered to be the most authoritative book in its field. It is used as a textbook by many astrologers and provides a wealth of information for anyone in the medical field.

The advantage of medical astrology is that it can indicate when health problems are likely to occur as well as the type of problem to expect. Hippocrates, the father of medicine, stated that "a physician without the knowledge of astrology has no right to call himself a physician." When you understand that illness is often a mismanagement of energies on a mental or emotional level, the value of astrology in medical diagnosis as well as self-healing becomes evident.

The forces of the planets have an effect on our lives which extends far beyond the weather changes or the tides. Astrology has been proving this for many thousands of years. Certain basic principles work out in chart after chart, regardless of the parental or environmental influences in a person's life. Mars in the second house, for instance, produces a tendency to reckless spending, whether the person has fifty or fifty thousand

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dollars to throw away. Those born with Jupiter in the sixth house have the ability to recover from illness more quickly than most, be it a slight cold or a serious operation.

According to a recent poll, eighty-five percent of the American public knew their birth sign. It's easy enough. If you know the day you were born, you can look up your sign. What you may not realize is that even though you know your sun sign, the other eleven signs are all placed in your chart as well so that all twelve patterns of energy are constantly interrelating throughout your life. An understanding of these patterns can help you to work with them or alter them as you choose. One of these signs rules your house of health and can offer guidelines in that area of your life, as this book will show. If you follow these guidelines, you can find a way to better health through strengthening your body's natural defenses against disease as well as understanding yourself more thoroughly.

In preparation for this book, I have accumulated as much information that links health and astrological knowledge as possible in order to facilitate the process through which people can attune themselves to their particular energy patterns. I truly believe this is the way to find better health of mind, body, and spirit. We all have our particular paths and special questions. The purpose of this book is to demonstrate some additional and possibly alternative knowledge to work with. It is essential, I believe, to grasp all information as it is made available and sort through it to find if there is anything there which might be of use. If you find some useful knowledge here, apply it to your own life in the best way possible. If not, move on to the next idea that comes your way. It may be the one which is exactly right for you.

While reading this book, you may encounter some references that are unfamiliar to you. One of these is the Bach Flower Remedies. I recommend these most highly as they work gently within the system to bring about emotional and psychological equilibrium, thus aiding and easing the work of

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the physical body. Distilled from thirty-eight flowering plants, they relieve a wide range of mental and emotional stress from lack of self-confidence to simple tension.

The Bach Rescue Remedy, which was researched and developed by Dr. Bach in the early 1930s, works on all kinds of internal traumas as well as working to heal minor physical injuries such as small cuts, scrapes, or rashes. An address is listed in the appendix, to which you can write for a free brochure that clearly details all of the various Bach remedies and what they are best used for.

Another term you may not be familiar with is "cell salts." They are inorganic minerals that live in the cells of the body and are essential to maintaining the health of the cells. They have been widely used in India since Vedic times and in Europe since the early 1800s. A German homeopathic physician named William Schuessler modernized their use in the process of looking for a simple and unified method of treatment. These salts are used in building soft tissue, digesting and eliminating organic material, and giving strength and rigidity to the bones of the body.

Schuessler felt that there were twelve cell salts that were essential to the body, and they have been linked to the astrological signs as follows:

ARIES: Kali phosphoricum (potassium phosphate,  $K_3PO_4$ )

TAURUS: Natrum Sulphuricum (sodium sulfate,  $Na_2SO_4$ )

GEMINI: Kali Muraticum (potassium chloride, KCl)

CANCER: Calcareo Fluorica (calcium fluoride,  $CaF_2$ )

LEO: Magnesia Phosphorica (magnesium phosphate,  $Mg_3(PO_4)_2$ )

VIRGO: Kali Sulphuricum (potassium sulfate,  $K_2SO_4$ )

LIBRA: Natrum Phosphoricum (sodium phosphate,  $Na_3PO_4$ )

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SCORPIO: Calcarea Sulphurica (calcium sulfate,  $\text{CaSO}_4$ )

SAGITTARIUS: Silicea (silica,  $\text{SiO}_2$ )

CAPRICORN: Calcarea Phosphorica (calcium phosphate,  $\text{Ca}_3(\text{PO}_4)_2$ )

AQUARIUS: Natrum Muraticum (sodium chloride,  $\text{NaCl}$ )

PISCES: Ferric Phosphoricum (iron phosphate,  $\text{FePO}_4$ )

There are many theories concerning the use of cell salts, one of which is that you should take both the one that is ruled by your sign and that of your opposite sign. To use them to your best advantage, you should consult a medical astrologer who can work out the detailed relationships in your chart and determine which of the salts is the most valuable to you. There may be several to be recommended. One of the best people in this particular branch of knowledge is Bob Mulligan, of Naples, Florida, who has been a practicing medical astrologer for many years and has traveled several times to India to study with homeopathic physicians there who specialize in this work.

In using this book, it is helpful to read about the sign which rules your sixth house of health, as that will give you even more information about it. If you ever have had an individual horoscope prepared and know your ascendant or rising sign, read that chapter as well. I know from my own experience that you can achieve the highest level of total well-being by combining an understanding of the astrological energies that work through your life with today's miraculous advances in technological medicine.

The important thing is to try it out for yourself. You need to experience the changes in your body and attitude toward yourself which will implement those changes. After all, it is very hard to make something work if you don't give it a chance and put some faith behind it. This book may give you tools to help and heal yourself. All you have to do is go ahead and do it.



# **CELESTIAL BODIES**

## *Chapter I*

# **ARIES**

ARIES IS THE FIRST SIGN OF THE ZODIAC, AND WHAT A PROMISE is contained here for everyone! Yours is the burgeoning energy of life itself, for this is where the new cycle of growth begins. The breath of life is inhaled in great gulps and exhaled with equal fervor. It is the time of spring, bringing with it the promise of a renewal of life which can grow dim through the chill months of winter. Now it all begins again, and the cycle of nature keeps spinning along as it has from the beginning of time. Your enthusiasm for life is high, and you are filled with the desire to taste all that life has to offer. You sense that the sap of life is running freely in the world and yearn to feel it pulsing through your veins, spurring you on to action.

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### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Aries is a fire sign, the first of the three. It is cardinal in quality, meaning that it is most comfortable when it is in motion, generating activity. You need that motion if you are to function at your best. After all, what is life without action, even if it is the wrong one? You would rather make the wrong move sometimes than just sit around waiting for someone to tell you what the right one is.

As an Aries, you are a person of considerable personal courage who often crosses the danger line into a risky situation for the sheer enjoyment of it. Your competitive nature thrives on challenge and finds thrills and exaltation in experiences which another would shy away from. The challenge of dealing with yourself is one which can become very exciting if you really allow yourself to get into it.

You are interested in self-improvement for its own sake and, although you hate to admit to others that you have faults, you aren't afraid to admit it to yourself. This is a big plus, for once you have looked your faults in the eye, you can begin to get to work on them.

Because Aries is a sign of powerful emotional force, your temper can erupt through these emotions and passions, showing itself in the physical body as a whirlwind illness or unexplained fever that rushes through the system in a day or even a few hours. They are hard to diagnose for they are of such short duration, but they can take a hard toll on your radiant well-being as they rage through your system. You will find that when your energy is put into a state of balance from the inside out, these attacks can be eased and eventually avoided altogether when there are no more pockets of energy to be worked through. If you can keep your flow of personal force moving smoothly and evenly through your being, you can

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literally be tireless because you have such a fund of energy to draw on when you need it.

You like to be a winner and can set such high standards for yourself that sometimes you put your goals out of reach. You'd be much more relaxed as a person if you would get a realistic grip on your goals and recognize your limitations without getting uptight about them. Take a little time out of your activity to make a solid plan toward achievement. You have such an indomitable spirit, and you don't want to quench it. Just give it some steady outlets so that it can keep pushing you along your chosen path.

In terms of the body, Aries rules the head, especially the brain. Your general body type is lean and capable of moving quickly. As an Aries native, you may have a prominent forehead, or clearly defined, even heavy, eyebrows. Since Aries controls the circulation of the blood through the brain, you, of all the signs, have the chance to be the most clearheaded, on both a physical and mental level.

### *YOUR PLANETARY RULER*

As an Aries, your planetary ruler is Mars, the fierce red planet of war. You tend to be accident-prone and run more of a risk of being suddenly and unexpectedly injured than of being incapacitated by a slow progressive illness. There is a strong chance that you will have a scar on your face or head before your life is over. Mars always leaves a souvenir of battle, sometimes from unusual injuries. A bang on the head is so commonplace in the life of an Aries that you probably would not feel quite right without a lump somewhere on your head.

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Mars rules the adrenal and subrenal glands which busily pump adrenalin into the system when an emergency jolt of energy is needed. When you exhaust yourself physically, bringing extra stress and strain to bear upon your system, you can drain your adrenals and put yourself into a state of constant stress.

Mars is considered to be the ruler of the body in general, so I have written an entire chapter about the influence of Mars within the signs. The Mars table in the appendices at the back of this book will show you the placement of Mars on the day you were born. If you read that section of the Mars chapter, you will get a more complete understanding of how Mars both helps and hurts you and how to control it for your greatest personal benefit.

### *YOUR SIXTH HOUSE OF HEALTH*

In a natal horoscope, the sixth house is that which has the most influence on the health of a person, although there are other factors to consider as well. For you who are born into Aries, you have Virgo, the natural sign of health, archetypally ruling your sixth house. This gives you an innate understanding of your own state of health and good insights about yourself and your body which are most valuable in your quest for good health.

Virgo is a sign which likes order, planning, and solid internal discipline. For good health, you must put your forces in order in a sensible way. Make a health plan for yourself, with realistic time limits, and then follow the plan with care rather than impulsively going with it for a few days at full tilt and then dropping it when you don't see the results you want

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immediately. Let this Virgo energy help you tune in to long-range goals. You want to be able to do anything and everything faster than anyone else. You need to understand that fast is not always the answer. You must learn patience, a word which may not be very familiar to you. Once you have learned it, you have to incorporate it into your being if you want to find the way to good health. Follow the Virgo path, even though it may seem painfully slow at times. It is the one that will work for you.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

The health problems which assail you as an Aries are mostly concentrated in the area of the head and face. Headaches, which often turn out to be the result of constriction of the blood vessels in the head due to excess stress, can come and go without warning. Acne is a problem that primarily attacks the facial area and is the work of pockets of congested energy which are coming out through the skin. Zinc helps to clear up acne, as does vitamin A-acid, also called Retin-A or retinoic acid, applied to the skin. Retin-A is available by prescription from your doctor.

You are prone to sinusitis which can be eased if you slow down your consumption of dairy products. They produce excessive mucus within the system that can aggravate a sinus condition. Some additional vitamin A in the diet could help. Be careful. Large doses of vitamin A can have toxic side effects. Conjunctivitis, commonly known as pinkeye, may be eased by increasing the calcium and vitamin D in your diet. Your tendency to nosebleeds can be lessened by the ingestion

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of vitamins C and K, as well as the cell salt, Ferric Phosphoricum.

All afflictions of the brain, including epilepsy, come under the influence of Aries. You can also suffer from fainting spells, serious bouts of insomnia, and may be prone to delirium when running a fever. On the positive side, you can tolerate a higher fever than most signs with no serious aftereffects.

A homeopathic remedy called Calms Forte does wonders for sleepless nights and is not habit-forming as so many popular sleep remedies can be. Epilepsy is something which is best treated by a medical specialist.

The most important thing to remember when it comes to your health is never to let your natural desire to get things over and done with set you up for long-range complications that could have been avoided if you had taken a little more time in the beginning.

## *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

The saying "You are what you eat" has been used as a slogan for years. That is probably because it has so much truth in it. Part of the process of healing yourself is using foods and herbs that are ruled by your sign and the sign which stands opposite to you. You, as an Aries, need more of your opposite than most signs because you are striving so hard for balance.

The foods that can be the most beneficial are many of the fruits and vegetables that are under Libra's influence. Figs and parsnips are especially helpful in cleansing the system and can help with an acne problem. You probably love spicy foods

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that really step up your system, although you hardly need to become any more feisty. You can enjoy garlic and onion sandwiches with some jalapeno peppers on the side from time to time, but try some milder foods as well. Peaches and pears are tasty and will help balance your system.

There are many herbal remedies which can be applied to your most common complaint, the headache. Try to relax as much as possible in order to ease the energy flow. Inhaling the fumes of eucalyptus oil is very soothing. An olive oil massage of the temples is both healing and delightful. A daily trip to the sauna or even a good hot shower will help to keep the sinuses lubricated and the head clear. The Indians used to combine the bark of the willow and aspen trees, brewing them into a tea which was drunk to relieve headache pain. The pharmaceutical derivatives of these ingredients are used in prescription remedies for pain today, such as aspirin.

Peppermint, when taken as a tea, helps to clear the skin and may mellow out your disposition in the bargain. It makes a refreshing addition to bath water, giving a tingling feeling to the skin that makes you feel awake all over, and its fragrance pleases the senses. Catnip tea calms your energy without quelling it and is also a useful fever remedy.

You sometimes suffer from a lack of niacin. This can be added to your diet in the form of apricots, avocados, brown rice, rhubarb, and the white meat of chicken and turkey as well as in a daily multivitamin supplement. When in doubt, keep your diet simple.

Daily meditation would be wonderful for you as it quiets the mind and allows the spirit to spring forth into the consciousness. Some of the more relaxed physical disciplines such as Yoga or Tai Chi are more beneficial than doing hard calisthenics or aerobics. You already have that kind of vigorous energy which is awakened by those forms of exercise, and you need to stimulate the mental and spiritual sides of your nature. That way you can bring the entire self to bear on what



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you are doing. Just don't let your impatience make you quit just when things are starting to work.

### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

You want a doctor who will give you the straight story on whatever may be wrong, rather than hedging about it.

Since Mars rules surgery, it is possible that you will have at least one operation in your life. If the procedure is an elective one, you might want to consult the Moonwatch table in the appendices.

When it comes to medical techniques, you want results more than long explanations, so your first interest is in how long you will be ill. You don't like to be sick or even think about it, so it is hard for you to maintain a health plan or push yourself to the doctor for regular checkups. Why not let your natural pioneering spirit lead you to some new ideas in alternative methods of healing? Perhaps a phrenologist, who works primarily with the skull, would be just the one for you. You'll never know unless you give it a try.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

It is surely no accident that Libra, the sign of balance, is your opposite. This represents a force which you need to bring

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into your life to feel that sense of inner balance that works through the mental and emotional selves to bring results into the body. Do all things in moderation even though you may not like to.

Libra is the first sign of relationships, so another message contained here is that it is okay to ask for help in what you are doing. You might like taking care of yourself more if someone else is encouraging you and perceiving results that you haven't noticed.

Use this Libra force to approach changes in your life. It will temper your own energy and teach you to do things more smoothly. If you discover that tomato juice is good for you, don't decide to drink ten glasses on the assumption that your body will come into balance ten times faster. If you push too much of a good thing into your system all at once, it will upset the balance from the other direction. Remember that Libra is the sign of harmony and cooperation, so learn to cooperate with yourself to find the best within you.

With so much force at work here in this first sign of life, the need to control and channel your energies is imperative. You are inclined to follow only your own impulses and not any set of rules. Remember that the fire of Aries is one which has just been lit. It must be tended with a watchful eye so that it doesn't burn down the whole forest while it is getting itself going. Learn to bring that flickering flame to the eternal flame that keeps you and those about you comfortably warm rather than alternately scorching and freezing.

Balance is the word to keep in mind at all times. Once you have caught your balance, you can have the best life possible and be able to leap into experience with just the kind of abandon you love. From the balance of the self will emerge the whole person.

## *Chapter II*

# **TAURUS**

As ARIES IS THE BEGINNING OF SPRING AND THE RENEWED cycle of growth, Taurus shows us the natural progression of that growth as it moves along its path. The power that is generated in Aries is concentrated in Taurus as life begins to take shape, thickening with strength and with the fullness of promise of the harvest to come. Life is rooting itself firmly in the ground, getting strength from the inside out. Taurus is the sign in which form and matter are truly created; what was only an idea in Aries now makes its entrance into the solid world.

The breath of life in Taurus is a deep inhalation of energy. With the right nourishment and conditions, the flowers begin to bloom now and so can you. You can be a wonderful source of steady energy to those around you as you help them keep their feet on the ground. With your excellent sense of form

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and color, and deep appreciation of beauty, you are able to make yourself and your surroundings as appealing as possible. Use these gifts to help you in your search for the way to be most comfortable with yourself.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Taurus is an earth sign and is, I think, the most earthy of the three earth signs for it is fixed in nature. Because of that fixity, it is hard to persuade you Taureans to alter your thinking in the slightest once you have an idea fixed in your mind. Even when change, with much effort, does begin to creep into your life, your spirit often continues to resist it until it is deeply embedded in your being. But that is as it must be. When you consider the changes in climate and temperature that assault the tender plants at this time of year, you realize that it takes a hardy spirit indeed to resist all that is happening and continue to grow and flourish. You can survive with your core intact because of this stubbornness of spirit when a weaker personality might have surrendered to the push of circumstances.

With all the earth that is here, you have an eminently practical side to your nature, no matter what kind of trappings you may be showing to the world. Your desire for good health and energy is so you can enjoy life to the fullest. You will even learn to move about a bit if you can be convinced that it is necessary to your well-being. Persuasion is often required, but it must be a very gentle brand of persuasion because you hate to be nagged and can turn into a real mule.

You enjoy the good life and like having access to the best

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of it. Good food, drink, and music and comfortable surroundings are always appealing. Be careful or they may become so appealing that they bind you too strongly to the material world and you can forget that you are in the process of growing. The stable side of your nature can make it tempting to stay in the same place and make it increasingly comfortable for yourself.

Your psychological makeup is one which is rooted in a deep need for personal security. You want your life to have substance and depth and meaning. You may not be quick to jump at an idea, but once you have embraced it, you make it your own to the point that you have to be careful not to become obsessive about it. You have a compulsive streak in your nature, and it can get you into trouble if you cling too tightly.

When it comes to the anatomy, Taurus rules the neck, the supporting column for the head and that all-important link between the head and body. It controls the throat, including the adenoids, tonsils, and larynx, and has some influence over the thyroid gland. The sign also influences the alimentary canal as food is processed into the system to be used or discarded. Discrimination begins as the body sorts out what it needs to make itself strong and sends it out through the system.

### *YOUR PLANETARY RULER*

One of the nicest things about being a Taurus is being ruled by gentle Venus, one of the most beneficent planets in the solar system. Dimples, known as the mark of Venus, are almost always found somewhere about your person. The affectionate and loving influence of Venus makes you appreciate all that is luxurious and beautiful, and you love to be swept

## *CELESTIAL BODIES*

away by your feelings so you can exult in an excess of emotion.

As a child of Venus, it's easy to be self-indulgent. If given a choice, you would only do that which pleases you the most. Too much activity can make you feel as if you are losing that comfortable equilibrium that comes from settling into a nice cozy spot. If you would extend yourself out into new areas of thought and action, Venus will help you to acclimatize yourself to your new surroundings and make them your own.

A misuse of the gifts of Venus can cause you to look in many wrong directions for the love you need. Your tendency to overindulge in food and drink to feel full and complete at all times comes from the Venus desire to feel loved all the time. If you can turn this indulgent Venus force in a positive and productive direction instead of giving in to a demanding sweet tooth, it will help you to learn to love taking care of yourself.

### *YOUR SIXTH HOUSE OF HEALTH*

Libra rules your archetypal sixth house of health. The fact that it is also ruled by Venus can be an asset to you in improving your attitude toward your state of health. Once you have found a health regime that makes you happy, the Libran desire for harmonious action will help you to incorporate it into your life. The peaceful and balanced action of Libra will aid in an even expression of your life energies as they make their way to the surface.

The Libra influence helps to lighten your sometimes too serious self-expression and open up alternative methods of seeing yourself. You can get into a rut in your thinking, mak-

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ing it hard for you to see the opportunity for change. Let the gentle persuasion of Libra open some doors for you and bring a healthy balance into the way you view your life. It can expand your personal attitudes and help you to implement any changes which you may be considering.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

Your health problems are related first and foremost to the throat. Hoarseness is a common problem and can afflict you with no other cold symptoms in evidence. You should not neglect even the slightest sore throat for it can lead to more serious illnesses such as strep throat or tonsillitis. Sucking zinc-containing lozenges can help relieve a sore throat and could keep it from getting worse, especially if you step up your intake of vitamin C. You may also be susceptible to polyps or nodes on the vocal cords.

Taurus has much influence over the thyroid gland. Any suspected thyroid malfunction should be diagnosed and treated by your doctor. If your thyroid is weak, add vitamin D to your diet. A hypothyroid condition may be balanced by adding iodine to your system with foods high in iodine content such as shrimp, lobster, clams, scallops, and other seafoods. A hyperthyroid condition indicates an inability to store vitamin A in the body. Fish liver oil is the best natural source of vitamin A.

You have amazing recuperative powers when illness does strike, for yours is a power which sustains through stress. Be sure not to give in to the tendency to isolate yourself when you are ill, for if you allow the energies to turn inward they

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can become congested all over again. You need a steady exchange of energy within and without your system to keep the attraction and repulsion of your own magnetic energy in motion. If you brood over things or hold them too closely, you rob yourself of your own motive force which is meant to keep your mind and body cleansed to provide an open channel of force.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

You need plenty of roughage in your diet, because without foods that are high in fiber you can suffer from congestion in the bowels in a reflex action under your opposite sign of Scorpio. Eat plenty of vegetables to keep your digestive tract clear. Remembering that you often have a need for extra iodine, you want to be sure to eat Swiss chard, watercress, broccoli, mushrooms, spinach, red cabbage, and potato skins on a regular basis.

All kinds of fruit come under the Taurus influence. Pears, apples, blueberries, and strawberries are especially good for you. Spices are encouraged to liven up the system. Since you like rich and tasty foods and could become a serious gourmand with any kind of encouragement, you are probably already fond of many spices, so be sure that paprika, parsley, and oregano are on your list.

Because you love rich food, you often consume too much fat, so you should try to curtail your intake of heavy sauces. Foods can taste good without bearnaise sauce. Bone up on the uses of herbs in cooking and discover all kinds of new mix



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and match flavors. After all, you shouldn't eat the same thing too often just because you like it and it makes you feel oh, so satisfied. You need to bring variety into your diet for you usually eat too many of the same foods, often completely excluding those that you don't like even though they may be good for you. Root vegetables such as carrots, turnips, and radishes are good for you as are the edible ferns such as the fiddlehead, a famed New England delicacy.

There is a very special connection between Taurus and roses. You may like to just look at them in a garden or a bud vase on your dining room table. You can eat them as rose hips to increase the flexibility of your joints, or eat them in an old-fashioned treat such as rose petal pie. Make them a special part of your life and your life will be that much lovelier for it.

The best exercises for you to practice on a regular basis are those which keep the torso limber. They will help to prevent spine problems that could develop later in life. All kinds of stretching and bending exercises are excellent for you and will help to prevent that stocky look which can occur in any Taurus who is not absolutely reed-thin. If you keep a mental picture of energy flowing freely up and down your spine while you are exercising, it will make it easier for you to stretch, for you will have a clear inner picture of what is happening. Another good exercise is a neck roll which will get those cricks and cracks out of your neck first thing in the morning.

Singing is also a good release of your inner force and, if you sing in the shower, it will keep the vocal cords lubricated at the same time.

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### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

Since you are a person who likes to stick with whatever makes you comfortable, once you have a doctor whom you like, you will be a faithful patient for life. If the waiting room has soft comfortable chairs and pleasant music in the background, you may wait happily forever and be satisfied, no matter what the quality of the medical treatment you may be getting. Don't let your inherent resistance to change keep you from consulting another doctor or investigating new ideas.

You like to see concrete results, so it's hard for you to accept a new idea just on faith. Perhaps if you do some reading about different approaches to healing so that you gain a deeper understanding of them, you will feel more like trying one of them. Be willing to try new eating habits and new remedies. Remember, the way is open if you are willing to see it, so try new medical practices and see what you can discover for yourself.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Your opposite sign is Scorpio, and one of the most important lessons you can learn from this sign is to completely discard anyone or anything that may be interfering with your life. Scorpio is the sign of beginnings and endings, and since you have a lot of trouble letting go of things, even when their time has passed for you, you need to incorporate this skill at handling graceful endings. After all, if you don't let go of the old

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stuff in your life, how are you ever going to find room to let anything new in?

Because yours is such a sustaining kind of energy, holding everything close to it to keep it strong, you tend to want to keep everything you have ever had, even if it is impeding progress into your own future. You must learn to make good and discriminating choices in your life just as a plant automatically discards its dead leaves or any other unhealthy parts of itself so that the rest of it can survive and flourish. Be flexible in all you do. You don't want to rid yourself of one fixed habit, only to saddle yourself with three more that will be just as hard to get rid of. If you try different things, you will learn to enjoy variety in your life.

Your role in the game plan of life is a very solid one. The ideas expressed in Aries are now propelled by desire in Taurus to become real. Learn to enjoy the twists and turns of life that so delight a Scorpio, for your strong will can be turned in any direction you choose. Nothing moves in a straight line for very long. Neither can you. Venture into new experiences while keeping a steady level of energy at the core of your being. Secure in the knowledge that your roots are firm, you can let your blossoms into the open air to float down wherever they may.

## *Chapter III*

# **GEMINI**

GEMINI IS A SIGN OF AMAZING AND IRREPRESSIBLE ACTIVITY AND the next link in the chain of growth. What was begun in Aries, strengthened and deepened in Taurus, is now ready to be released into the world. The earth is carpeted with flowers, visual proof that life is recycling itself once again. Life is created in Aries, sustained and concentrated in Taurus, and breathed out as the breezes of late spring distribute the energies.

In this sign the duality of energy is shown as clearly as when the first fruits of the earth come forth with the underlying promise of the greater harvest to come. The life force is restless and in need of a steady hand to keep it from spinning off in so many directions that it depletes itself without accomplishing anything. Now is the time to work in your personal garden, making sure that **all** its parts are growing, yet not overrunning each other in an eagerness to get on with life.

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### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Gemini is an air sign, the first encountered so far, and is mutable in quality. A mutable sign is one which seeks always to be in motion as does a cardinal sign, but often the mutable's motion is without definite purpose. As a Gemini, you need to learn to be still, for usually the only time you are still is when you are holding yourself for a moment in breathless anticipation of the next move. All directions look interesting, so you try to follow them all.

There comes a time in your life when you have to learn to be selective and zero in on the one path which has the most potential benefit for you. The symbol of Gemini is similar to the Roman numeral II and is meant to represent twin pillars of thought, logic and instinct dueling with each other. Like your arms, these pillars can function independently, but when they work together, they can do so much more. This is a perfect example of the two halves of the Gemini nature in their need to be joined together if you are to feel like a unified person.

Gemini is the first sign of thought, so mental processes are important and intriguing to you. They can easily become too important if you allow yourself to become involved only with playing a game with life instead of living it. You relate well to things on the mental level, but when it comes to making that knowledge a real part of your emotions or physical responses, you often run into a problem. Usually you are just suffering from an overloaded circuit on the idea level and need to have a more thorough understanding of what you are doing at each stage of unfoldment.

Others may get the impression that you are always breathless and hurrying through life in an effort to catch up with something that keeps eluding you. You often feel that way

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yourself. You want to get through what you are doing at the moment because you're afraid that you're missing out on something else that might be more interesting. This can cause some real psychological problems for you unless you learn to enjoy and appreciate what you are doing in the present. If you don't, then you deny yourself the pleasure of your actions because you are only skimming the surface in an effort to move on to the next adventure before it gets away from you. Learn to live life in depth as well as breadth. It doesn't solve any problem that you might have if you just skip over it, pretending that it doesn't exist. Take the time to take a good look inside yourself. You may be surprised and delighted at what you will discover.

In the physical body, Gemini rules the lungs which are in constant motion so that the body can survive. It also has control over the oxygenation of the blood as it circulates through the body. It rules the shoulders, hands, and arms. Geminis of both sexes are often the proud owners of lovely and graceful hands. You can turn and twist those fingers around things that others of us can't even get near. On an inner level, Gemini is the communicating force in the body, carrying endless messages throughout the central nervous system. In true Gemini fashion, your work in the physical body is diversified, yet without your powers of unification the body would not be able to function at all.

### *YOUR PLANETARY RULER*

Mercury, the ruler of Gemini, is a quicksilver planet known as the messenger of the gods. It serves the same function for you. Its dynamic mental powers lead the way to self-discov-

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ery, even though you may take a lot of detours along the way. Mercury is an erratic planet, wending an uneven path through the heavens, but always keeping its face turned to the sun. So must you always keep your long-range goals in sight and be sure that you have a firm basic direction for your wide-ranging energies.

Mercury has rulership over the tubes in the body which provide the channels for the blood, hormones, and oxygen to move freely about our system. It also carries sensations to the ego so that you can learn about the relationship between yourself and the rest of the world. It is the supreme communicator, so follow its lead and express what is inside of you. If you hold things in, they create tension and you have enough of that already.

### *YOUR SIXTH HOUSE OF HEALTH*

The ruler of your archetypal sixth house of health is Scorpio, a sign which moves in depth to find a complete understanding, not just a surface explanation, of life. For you to keep yourself in the best of health, you must follow Scorpio's lead and dig within yourself to find what makes you vibrate to your own special rhythm. Once you have understood your inner mechanisms, be willing to end old habits and begin new ones with the full knowledge of why you are making those particular choices. Positive purpose can lead you to the very best within yourself, for if you move with it, you will be able to bring all of your wonderful and varied ideas into the realm of reality where they can be explored to your heart's content.

Let the firm emotional energy of Scorpio show you your own base of emotional security. With that you will have the

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peace of mind which allows you to bring forth the magic of your ideas which can uplift us all and point out new directions to follow. If you incorporate the deeper magic inherent in the sign of Scorpio with your own agile mental magic, it will produce the mixture of intellect and understanding which leads the way to wisdom. Then you will be able to approach any health problems that you might have with a balance of energy. You won't overreact to things and overstimulate an already overworked system. Use selective Scorpio discrimination to help you make better choices, and you will see a big difference in your life, especially in your thinking.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

Your most common health problems are related to your high-strung nervous system. You will have all kinds of tension-related and other nervous disorders in your life unless you learn to bring your nervous energy under control. Otherwise, you are liable to fly off the handle at nothing at all simply because your nerves have been stretched further than even you can stand. A homeopathic remedy called Calms Forte can be an invaluable aid to keeping your nerves under control. Like the natives of Taurus, you need to keep a plentiful supply of iodine in your system for you often suffer from a hyperthyroid condition. The Bach Flower Rescue Remedy also does wonders for the nerves. There is an effect within minutes—almost fast enough to suit you.

Lung ailments are common, with asthma and bronchitis leading the list. If you smoke, you are more likely than most to be a candidate for emphysema later in life. Vitamins which



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are helpful in relieving asthma are A, C, B<sub>6</sub>, B<sub>12</sub>, D, and pantothenic acid. Vitamin A and phosphorus are both used in treating bronchitis. The cell salt which is ruled by Gemini is Kali Muraticum and can be helpful to the whole system if taken on a regular basis.

You are fairly accident-prone and should take care of your hands, for they are what you use to reach out and get the things you want. You need constantly to find outlets for your nervous energy so that it doesn't build up inside of you and cause more health problems. Don't overload your nervous system by demanding too much of yourself. One way to ease the pressure is to follow through on your projects one at a time and not fret over what you have not yet tried but may think you need to. As the thymus gland, which Gemini has some influence over, screens out illness and seeks to keep the body's immunity to disease complete, so you must pick and choose what will bring you the most benefit, and narrow down your field of endeavor.

## *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

You like a variety of foods, and it's easy for you to get bored if you try to stick to any kind of rigid diet. Nuts of all kinds are good for you, especially walnuts and filberts. You need plenty of leafy vegetables in your diet. Lettuce is an especially good purifier for your system. Carrots and cauliflower should also be high on your list along with artichokes, green peppers, kale, red cabbage, and tomatoes.

Avoid an excess of sugar. You certainly don't need any-

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thing that will step up your already speedy system. Fruit juices are as beneficial as the fruits themselves and, given your lively life-style, they will be easier to carry along with you. Dairy products should be used sparingly because of the mucus they can produce in your lungs, but an occasional chunk of cheese, which is high in calcium, can help calm your nerves when they feel frazzled.

Since you have such an active nervous system, you often ingest a good deal of food that just rushes right through your system, stopping hardly long enough to keep you fueled. As a result, you need to pay close attention to the signals your body sends out to you when it is hungry, tired, or thirsty. You can't live only on the mental level, you know. Extend that sharp intellectual awareness to your physical responses.

You would do well with the kind of exercises that make your body move as a unit. Jazz dancing, for instance, would be exciting enough for you and certainly better than something like jumping jacks. Yoga exercises with their relaxing and meditative overtones would help to bring your physical self into balance with the rest of you. Yoga has some lovely and graceful exercises for the arms and upper body.

Breathing exercises are highly recommended for you. If you think about the spiritual force that the Hindus call prana, the breath of life, you can see that learning to gain control of your breath would be most beneficial to you. It would not only release a lot of nervous tension, but would also help you to feel more unified. As it is, you often breathe shallowly and hyperventilate when upset. The deeper breathing would work best when accompanied by inner visualizations of the expansion of the inner self. Breath is the essence of life, so why not derive all the benefit that is there for you?

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### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

With your powerful mental abilities you can literally heal yourself with the power of mind over matter. A study of visualization techniques could be just the thing for you. If you feel a cold or respiratory infection coming on, put your body in bed to slow it down. Then breathe deeply and slowly, seeing yourself healthy and balanced, and you will feel better.

Your general annoyance with having to wait for anything makes it hard for you to get yourself to the doctor's office. If you are there for too long without something to distract you, you might just get up and leave. However, it wouldn't bother you at all if the doctor was tending to several other patients at the same time in different examining rooms as long as he was checking in on you from time to time. You might also give some thought to hypnotherapy.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Your opposite sign is Sagittarius, a sign that can be absolutely one-pointed when it comes to pursuing a desired goal. You need to incorporate some of that one-pointedness into your life to help you to concentrate your energies so you can bring them to bear wherever you might need them in your life. Sharing is also something which you need to learn about, for as you share your energy and yourself, they will constantly be replaced. There is no need ever to be afraid of running out.

You are here to communicate and disseminate what is inside

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of you, and the Sagittarius balance in your life can point the direction for you to move in as well as help you to reach out beyond yourself into new dimensions of experience. Then you can be a great doer as well as a great talker and idea person.

You Geminis seem to have an innate understanding of a wide variety of human relationships. Of course, all relationships need the element of communication if they are to exist for very long.

In Gemini, the capacity for imagery can bring about a blending of spirit and intellect that gives you a vision of how things could be, whereas the other side of the dual energy gives rise to internal restlessness and negativity because reality does not always match the vision. Worrying and fretting are not the answer. Harness that energy to active purpose, and you will see the pieces of your life come into a cohesive pattern. Even as the dandelion permits its seeds to be taken whichever way the wind blows, secure in the knowledge that the seed is all it takes to create new life, so must you share the magic of your ideas with the world. Thus will you find the way to happiness and unity of body, mind, and heart.

## *Chapter IV*

# **CANCER**

IN THE SIGN OF CANCER, THE ETERNAL MOTHER, WE COME to the height of the summer season. The richness of the earth is literally bursting forth all around us. In this sign the promise of the full harvest is clearly shown as life approaches its peak of activity and productivity. The crops are covering the earth and we, the children of the earth, are receiving its bounty. The fruits of the land are ripening, but Mother Earth would like to hold them to her bosom just a little bit longer. In Cancer, we get a true sense of the complicated emotional entanglements of motherhood. It is clear that what is growing must be released into the world so the rest can survive, yet we sense the unwillingness of the earth to surrender her children, yet one more time.

Cancer represents an indrawn breath with the inherent danger of being drawn in almost too deeply in an effort to keep

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the energy safe within your body. If you hold your breath too long, your own body will force you to expel some of the air as the survival instinct takes over. Cancer has a more strongly developed ability to protect itself in all kinds of situations than you might imagine. Remember that the symbol of Cancer is the crab that puts a thick shell around itself as it slowly edges toward its goals.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Cancer is a water sign, related to lakes, streams, and water that is in motion, for this is a cardinal sign like Aries and must have some kind of action going on. This may seem to be in conflict with the protective instinct which allows you to stay very still at times, but out of this conflict, emotion is born. Cancer is, indeed, the first sign of emotion that we encounter on our adventure through the zodiac. The beginning of contemplative thought is here as well as it begins to blend with reason in the climb to wisdom.

As a Cancer, you must come face to face with your emotions, for better or for worse. You will either be ruled by the emotional storms that can rage across your consciousness, or you can learn to master those storms and bend them to your will. If you can do this, then you no longer need fear those whirlpools of passion which may lie beneath a seemingly calm surface.

Cancer is a generative sign and can create emotional turmoil in a situation that another sign would simply pass over or refuse to get embroiled in. You like a certain amount of emotional upheaval in your life and, if things are going too

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smoothly, you often find a way to stir them up so you can feel alive with breathless energy. You truly dislike feeling neutral about anything, no matter how many times you say that all you really want is a little peace of mind.

Others love to bend your sympathetic ear and be the recipient of your heartfelt counsel, but you must be careful that you don't neatly avoid dealing with your own problems while seeming to be everyone else's wise Dear Abby. Is it mere coincidence that Abigail van Buren and her twin, Ann Landers, were born in the sign of Cancer? Your inner psychological structure is so firmly based in your emotions that you can have a great deal of trouble separating your feelings about something from the reality of it. It is more than possible that you would benefit from some form of counseling or therapy at some point in your life to help you make that separation. Once you have discovered the difference between your mental and emotional selves, you can bring them together in a more organized manner where they can interact in a positive way.

Once emotional control is established, the waters can begin to be at peace for a time, allowing the alchemy of the body to begin its work. Cancer rules a good portion of the glandular system—one reason it is so easy for those born into this sign to retain fluids and have a generally puffy look even though they aren't overweight. The glands work subtle changes within us that often aren't noticed until they approach completion. As the tides within us come to the surface and fall away again, so does our body weight fluctuate up and down as it follows the inner flow.

Cancer also rules the breasts, the chest region including the sternum, and the stomach. It also rules the womb during pregnancy (at all other times this organ is in the domain of Scorpio). The digestive system contained in the stomach and the posterior pituitary gland with its many hormonal functions are under the influence of Cancer as well. You can see that the Cancer force is much involved with the fluids that move

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through the body and the rate at which they move, as well as being the mothering force which helps to nurture the embryo as it grows within the womb.

### *YOUR PLANETARY RULER*

Cancer is ruled by the moon, that mysterious goddess of the nighttime skies, worshiped by men for centuries in many different forms and still an enigma in spite of the fact that men have now walked upon her surface and brought pieces of her back to analyze. So is the Cancer personality full of little mysteries and contradictions that blend together to make an intriguing, but hard to decipher, pattern. As with the moon, much is revealed, but so much more remains hidden.

The moon has rulership over the fluids within the body, a relationship that is more thoroughly explained in *Moonwatch*, a later chapter in this book. It also controls the way you feel about yourself, which can have so much to do with how you handle any aspect of your health. Your emotional needs are as important as your physical needs in many respects, and for us Cancer natives, that is truer than for any other sign. The struggle to master your feelings is not an easy one, but what a triumph if you can do it.

Even as the moon slips in and out of clouds in the sky, sometimes revealing, sometimes hiding what may lie beneath her, so do our own emotions play tricks back and forth within our thinking, sometimes allowing us to see clearly exactly what the problem may be, and then clouding the issue once again with half-remembered memories. You must make the effort to bring your emotions out into the light of day where they can be dealt with in a way that makes them an invaluable



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part of your thinking, and in a manner that is helpful. The moon will help you in this work if you will only tune into her rhythm.

### *YOUR SIXTH HOUSE OF HEALTH*

The ruler of your archetypal sixth house of health is Sagittarius with its purposeful search for truth. In order to maintain the best of health, you must let some of your inner energy out into the world. Be outside when you can. Learn to walk briskly or take an interest in hiking or bicycling. Set firm and definite goals for yourself when it comes to your health, and when you have reached the first goal, stretch yourself a bit further than you think you can and reach out for more. You will be able to attain all your goals if you are willing to work in gradual stages.

You can also profit from the lesson of faith which is inherent in the sign of Sagittarius. As a Cancer, your faith in yourself can sometimes wane, especially if you don't see results as soon as you had hoped to or if your mood changes too rapidly. Don't ever let yourself feel depressed about anything that is happening to your health. Be secure in the knowledge that there is a solution for whatever is going on. Faith can carry you a long way on the road to success—if you will let it.

Another positive result that can come from the influence of Sagittarius is your being lifted out of the doldrums when they come upon you. It is a sign that can be almost too cheerful, too willing to risk what it has in search of something more, but if you can incorporate just a bit of that to balance out your

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tendency to depression, you will have found the point of balance on which you can base your own well-being.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

Since the main area of Cancer rulership is over the stomach and the digestive system found in the stomach, this is where many of your health problems are centered. Food can often be an only too important factor in your life. It is seen as a symbol of love and security, proving that you are cherished. On the other side of the coin is a fear that food will become too important to you, fostering a desire to control the amount of food that you take into the body. When you are emotionally overwrought, there is a tendency to eat large quantities of food that the body is unable to assimilate properly. Gastric ailments then develop, running the gamut from simple heartburn or the formation of mucus in the stomach to ulcers and even more serious problems. This kind of seesawing can also make you vulnerable to problems such as bulimia as you gain and lose control over your body's intake of food.

Dyspepsia (imperfect digestion) can be helped in a variety of ways. Papaya tablets, enzyme tablets, lecithin, and the cell salt, Natrum Muraticum, are all useful in treating it. The herb angelica, made into tea, helps relieve gas pain in the stomach. However, it is not recommended for those who suffer from either diabetes or from high blood pressure. Angelica is also used to relieve the pain of ulcers.

Another Cancer problem can be edema, a swelling of the body caused by an excess of fluid in the system. This can be traced to the imperfect action of the pituitary gland, often

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caused by lack of potassium in the body. Vitamin B<sub>6</sub>, alfalfa tablets, and Natrum Muraticum can help. Regular ingestion of apple cider vinegar, the natural kind with the mother still in it, can be very cleansing to the system and is good for lots of other things as well. Mix a teaspoon of the vinegar with water or, even better, V-8 juice, which will completely disguise the taste.

All female Cancers need to be on the alert for breast problems. Please be sure to learn how to do the breast self-examination, and then do it faithfully. You are vulnerable to breast problems such as fibroid tumors or cysts on the breasts. The earlier you discover anything like that, the easier it is to deal with it. It is also possible that you may have difficulties if you should decide to breastfeed, so you should seek counseling in this matter if it comes up in your life.

Keep in mind that a positive and future-oriented attitude can be one of the best medicines for you. It charges up your whole system and keeps you in hot pursuit of a goal which can benefit you in more ways than one. Don't look down and don't look back. If you truly believe in your own good health, you are the one who can make it come to pass.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

An awareness of good dietary habits is a must for all Cancers. It may be easier for you if you don't think of it as a "diet." I know for myself, as a Cancer, that the word has too many implications of being regimented for me and I automatically rebel against it, often without bothering to see if the diet

## *CELESTIAL BODIES*

includes a food plan that I could live with. If you can look on a food plan as a way to put yourself in balance, it will help you to stop reacting to it in a negative way. It will also help forestall the emotional reaction to food or lack of it. So often the hunger you are feeling is emotional in nature. This does not make it any less real, but it means that long after your physical need for fuel for the body has been satisfied, your inner hungry self still feels empty.

You need to be aware of your liquid intake. You are a water sign and need plenty of water, both inside and outside the body, as it is a great purifier. Please stay away from alcoholic liquids as much as you can. They can take hold in your supersensitive system so easily.

Foods such as melons, cucumbers, lettuce, mushrooms, and several varieties of seaweed all have a beneficial effect on the body and help the system's balance. You also need foods that help you to keep a balance between the sodium and potassium in your system. Lima beans, endive, watercress, bananas and avocados will be good for you. Like all water signs, you should have plenty of fish in your diet, eating fish at least three times a week.

Many Cancers, myself included, suffer from what a friend of mine calls the "mother's milk syndrome." You find it so easy and delicious to indulge in all kinds of dairy products from cheese to ice cream. A flavorful low-fat yogurt will both soothe your stomach and help satisfy that craving without overloading your system with fat or contributing to the creation of extra mucus in the stomach.

Since you often suffer from emotional stress, you might want to learn to set aside some time each day, perhaps in the evening, to relax in a nice comforting bath. Get the water just the right temperature, neither too hot nor too cold, and lie back and let yourself relax for a few minutes. Do some positive visualization, seeing yourself in full control of your emotions, able to make them work for you instead of feeling at

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their mercy. Then quickly review the events of the day and see each of them in a positive light.

Exercise is not your favorite thing as a rule, but you need to exercise on a daily basis to help get your body used to moving and reacting more quickly. A daily walk would do wonders for you. If you are a city dweller, get off the bus a few blocks before your stop and walk those extra ones. You don't have to break the four-minute mile, just get those feet moving along. Swing your arms and put all of yourself into a vigorous rhythm. Exercises for your stomach muscles are an absolute must and will pay off in later years if you start them early. Modified sit-ups are a good way to begin and female Cancers might even want to think about joining a belly dance class. It will work on that stomach and make you feel more sensual and attractive as well.

The very best exercise for both male and female Cancers is swimming. It uses so many of the muscles of the body and has the added benefit of using all of the body at the same time. It goes on in water, making you feel at home, and is soothing to your inner nature. When you get tired of active swimming, you can always turn over on your back and float for a while. If there is a health club near you with a pool, join it. Get yourself out to the ocean or a lake in the summertime. You'll feel better all over.

## *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

You need a doctor with whom you can feel at home. If it's possible, you'll often stick with the physician who brought you into the world. If you are far from your place of birth,

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you want someone who comes with a recommendation from someone you know and trust. Once you have found a doctor you like, you want to be treated gently. An impersonal or dictatorial manner can make you change doctors on the spot or not consult one at all for a while.

You don't like to think about illness, but if you are convinced you can help prevent it, you will put some effort into helping yourself. You would definitely benefit from the knowledge that a good nutritionist has to offer. Seek someone who will listen to your fears and work on a food and health plan that you are happy with and can stick to. Don't get hooked by some quack with a useless fad diet just because he is kind to you. Be discriminating.

## *THE ROLE OF YOUR OPPOSITE—A SYSTEM OF CHECKS AND BALANCES*

The sign that stands opposite Cancer is Capricorn, the mountain goat, always looking for another height to be scaled. The goat has the power to tread upon the crab, but will find it is not so easy to crack its shell. The crab can just draw into itself and wait for the goat to get tired of the game. When you see the goat as representing the self-discipline which you need, you can see how pertinent this imagery is.

You need discipline, but since it is something which is basically foreign to your nature, you rarely welcome it into your life. Yours is a sign of softness and curves with no desire for straight lines and hard edges. If you can work toward a solid inner discipline, you will find that an external discipline comes along with it without really being noticed.

Capricorn can give you the desire for perfection that will

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show you the way to reach it, once you have absorbed that desire into your being. Just be sure that you are working to change and not just giving lip service to the idea. Surface changes are easy for you, but your unyielding core doesn't alter so easily. Don't try to force yourself to fit into a program of living which is being stimulated only from the outside. Work from the inside, also.

Yours is the power of the mother who can turn in fury on anyone or anything threatening her child. Become your own child in terms of nurturing yourself with the same compassion and tenderness that you extend to others. All the intellectual reasons in the world will never be enough for doing something if you don't feel it. Bring your thoughts and feelings together, and the healing energy they unleash will work for you. If you can learn to discipline your energies, they will do anything you want them to do and take you anywhere you may need to go.

## *Chapter V*

# **LEO**

IN LEO, ONE OF THE REAL POWERHOUSES OF THE ZODIAC FROM any point of view, there is a completely different expression of energy. This is a vibrant and irresistible energy that could not be all that it is without the nurturing force of Cancer which precedes it. The breath of Leo rushes out into the world with a wonderful and generous force behind it.

The harvest can no longer be denied as the energies of life reach a zenith in the August heat. Everyone wants to be outdoors, enjoying the sun, eating healthy foods picked fresh from the garden, and splashing in cool waters. A major exchange of energy is taking place here as the sun gives generously of its force to the earth, and the earth returns the gifts in full measure.

In Leo, self-consciousness and its pride are born. In the slow progression of life through the zodiac many of the puzzle



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parts are now in place. What was born in desire in Aries was made part of the material world in Taurus. Gemini adds the element of thought, and the emotional impact of Cancer adds the first full cycle of the elements. Now the second cycle begins with the hot and intense energy of Leo. In Leo we shrug our shoulders and walk upright under the sun.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

In this royal sign the body seeks to function at its best. Leo is considered to be the sign of the perfect man with both a conscious and unconscious wish to be the best of everything. This desire can drive you to incredible displays to prove your prowess to the world. Leo is the second of the three fire signs, but very different from Aries. The fire of Aries is struggling to stay alive while the fires of Leo are those whose embers are securely banked, providing an even flame that can be relied on. Your action comes from a deep-rooted feeling of self-confidence as the emotions that were newly born in Cancer become integrated into your being. Just keep in mind that your fire will burn without extra stoking, so don't push it too far. It won't go out.

Leo is a fixed sign, similar in quality to Taurus, but with a different pattern of activity. Taurus roots itself into the ground for strength and safety, whereas you Leos often prefer to walk the highwire of life with little apparent regard for your safety as long as you have everyone's attention. You are a stubborn sign, and I have often felt that you were born with the innate conviction that you are always right. If you could just get into

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the right position to prove it, you could show everyone that it is so.

As a Leo, your sense of honor and the fitness of things is highly developed. Your search for perfection is intense, and you often find it hard to forgive yourself for any errors you have made, even though you are quick to forgive others. This can have a debilitating effect on your emotions and on that healthy self-confidence that usually propels you through any difficulties. Be content to move at a normal rate of speed. You will still be able to accomplish everything you put your mind to. Everything will still be in its proper order, even if it is not exactly the way you originally saw it in your mind's eye. Sometimes you have to follow the timetable of circumstances.

You have a great deal of personal pride and must beware of letting it go over the edge into arrogance for that can happen easily enough. Your naturally imperious way of expressing yourself can make others feel that you are trying to order them around when that is really not your intention at all. It's just that you are a natural leader and carry that aura with you even when you are trying not to show it. Your energy comes straight from the soul and that is hard to hide. It would be a sin for you to allow your liking for power to become too important, thus corrupting your basic purity of motive. That would cause some severe psychological conflicts that could prevent you from achieving at the level that you are capable of. You don't want to spend your life indulging in ego games and being a victim of flattery to feed that overinflated ego.

In the body, Leo's main dominion is over the heart, which supplies the patterns and rhythms of the body as it goes about its task of keeping the blood moving. You tend to overtax your heart through extremes of activity and emotion. You enjoy being the person with the big heart whom everyone turns to when all else has failed.

Leo also has rulership over the vertebrae, that bony column of strength that protects the vulnerable spinal cord from dam-

## *CELESTIAL BODIES*

age. This is a good image of the emotional strength of Leo which comes forth in style when you feel that someone around you is in a situation where he or she has no power and needs your protection.

### *YOUR PLANETARY RULER*

Leo is ruled, of course, by the sun—the heart of our solar system. Its power vitalizes everything on earth, but even as it can sizzle anything that comes too close to it, so you are often larger than life, intimidating others by the sheer radiance of your presence. The sun is the fire of life, but that radiant energy must be kept at an even level so it can wann all of us without giving anyone a sunburn or sunstroke.

The sun is what gives you the conscious power to integrate all parts of yourself into the greater self. It makes its daily path across the heavens, showing us the world around us as it goes along. Follow the example of your ruler and make each day complete in itself, dealing with it as fully as possible. Don't put off until tomonow the things that need to be taken care of today, for tomorrow may be even busier and you'll never catch up with yourself, even if you go around the world.

### *YOUR SIXTH HOUSE OF HEALTH*

Your sixth house of health is ruled by Capricorn with its key word of discipline. For you, this most clearly represents

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the need for you to have an intelligent and well-organized approach to keeping your good health and not dealing with it only as the mood may strike you. Once you have found the approach that is most meaningful to you, the steady influence of Capricorn can help you to stay with it until your body gets into a state of balance.

You have so much energy that it can **run** right away from you unless you release it in a controlled manner. If you don't have the discipline that you need, your natural tendency to indulge yourself at every opportunity can make it hard for you to maintain good health. Once you have established a solid structure to work within, your body will get used to it and begin to respond in a positive way. It's only getting started that is tough because there are so many more interesting things to do.

The Capricorn influence in your house of health can also help you to put a damper on your feelings when they get so intense that you feel as if your heart is going to burst. Let some of those feelings go before they get too strong. Keep an eye on your own need for survival. Make some rules regarding your emotions to go along with the others you may have learned to develop. They may save your life.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

The most vulnerable part of your body is your heart, the main target of Leo energy. Since the heart has such a major role in the working of the body, any illness that affects your heart can seriously affect your entire state of health. The good news is that you have a strong resistance to illness, for your

## *CELESTIAL BODIES*

heart is a fighting heart and not likely to give in to any minor symptoms. Angina, palpitations, tachycardia, and even a simple heart murmur can be part of your physical condition and not really slow you down. Be good to your heart above all else, for it is the center of your being and all of you will suffer if you neglect or overtax it.

Vitamin E can be an aid to all kinds of heart problems, especially angina, but you must clear its use with your physician first if you are going to take high doses. It can make things worse in some cases, particularly if there is already a problem with high blood pressure. Magnesium is also used to relieve an angina condition. Frequent attacks of tachycardia may be helped by extra potassium and calcium in the system. Iodine, vitamin D, and magnesium supplements used in moderation will ease a tendency to palpitations.

Fevers of a wide variety can afflict you, but rheumatic fever is by far the most dangerous. You can also be bothered by a high level of cholesterol that arises from a love of rich food. B<sub>6</sub>, lecithin, and vitamins A, C, and E will all help to reduce the cholesterol level. Zinc lowers the risk of myocardial infarctions. It is often found that patients who suffer congestive heart failure have a magnesium deficiency.

Don't forget that emotional and mental stress can damage your heart as surely as eating a diet that is too high in animal fat or trying to press 300 pounds on the second day of weight lifting. Keep the pressure off your heart. It has enough work to do without any extra load to carry.

## LEO

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

When it comes to food, you are usually ready to sit down and eat, for you have the soul of a true gourmand. Your natural vanity will help to keep you from gaining too much weight in spite of your love of rich food. You like the best of everything, though, and love being able to come up with a rare and expensive dish that no one else in your circle of friends has ever made or even tasted. You enjoy cooking, especially when you are not expected to do it every day. The easiest way to reconcile your love of food with your desire to have a beautiful body is to eat the things that are best for you.

Many fruits are beneficial, with plums and oranges leading the list, for they seem to reduce heart strain when eaten regularly. All citrus fruits are helpful to the system and can minimize any tendency to palpitations. Peas are good, as is rice, since it is an easily absorbed starch. Don't overload on root vegetables, for as you are a child of the sun, the leafy vegetables that receive the most of its energy are the ones which are best for you. Sunflower seeds made a wonderful snack to keep on hand.

You are one of the few signs which actually seem to thrive on spices in the diet. Those who can't tolerate them as well may be convinced that you have an ironclad stomach. Still, there's no need to live on chili peppers unless you are stranded in a field of them with nothing else in sight. Saffron, black pepper, and cinnamon all have a stimulating effect on you, so if you develop a taste for saffron rice or mulled cider, you would have something delicious that is good for you as well. Honey should be used instead of refined sugar whenever possible, and you might want to check out some of the more exotic herb teas that are now available.

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You require plenty of activity because your natural vitality is high and needs physical expression. You probably prefer organized sports to simple exercises because they bring out your keen sense of competitiveness. Jogging is better for you than running, as are all sports that encourage flexibility in the torso and back. Tennis, squash, volleyball, and handball will all keep you on the move. They are also good preventive medicine against a tendency to circulatory problems that could develop later in life. Keep in mind that Leo is the sign of the heart, so let that heart be your guide as to how much you exercise. When you feel even the slightest pain or stress, slow yourself down until the stress is relieved. After all, you are doing what you are doing to keep your heart strong, not put it into a state of shock.

## *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

If you must consult a doctor, naturally you want not only the best but the most expensive and the most famous. Nothing could please you more than to meet Jackie Onassis on her way out of your doctor's office as you are going in. You could happily spend an afternoon in an expensively furnished waiting room filled with the rich and famous. Of course, you want your doctor to have a delightful personality and be full of compliments and pleasant remarks. If there is bad news, at least you'll hear it in the most charming manner possible.

You like to take care of your own health since your pride pushes you to be in the best of health and appearance. You aren't afraid to investigate new ideas if you think they will

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help you to look more vital or younger. If you consult a plastic surgeon at some time in your search for the perfect look, investigate his or her credentials. Don't just go for the image. Get the best.

### *THE ROLE OF YOUR OPPOSITE SIGN—ASYSTEM OF CHECKS AND BALANCES*

Your opposite sign is Aquarius, the one which freely gives so much to others, especially on a mental level. An Aquarius gives without a desire to control the other person through the gift, and that is something you need to learn. You can be the most generous of all the signs, but it is often a generosity that has a hidden but strong string attached to it. Learn from Aquarius how to be in control by being out of control. It is not as dangerous as it may sound at first.

Aquarius has such an inventive streak that its influence will encourage you to reach out beyond the set pattern of your life into new areas of thought and action. You'll begin to see that other people have ideas that are as interesting as your own. It might be fun to try someone else's plan of action instead of insisting on your own all the time. The vision of Aquarius will lead you to all kinds of new perspectives on yourself and your health as well as help to release your often intense energies.

Light is your key word, for you are not comfortable in the dark. Your search for light needs to be rooted in faith and not just the result of an impulsive gesture that can be withdrawn just as impulsively. Like the child that Leo represents, you are both generous and selfish. The selfishness is that of one who has not yet been taught that the universe does not revolve



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around him or her; the generosity is from the great supply the child has before experiencing the limiting lessons of adulthood. You have the capacity to rise to the very best within yourself. Keep tuned in to your heart and follow it. Find the best within yourself, and then find the way to share it with others.

## *Chapter VI*

# **VIRGO**

VIRGO IS ONE OF THE MOST COMPLEX SIGNS OF THE ZODIAC, bringing a subtle change of energy into play. The focus of force begins to shift and show itself in other areas of life, although they won't be fully revealed until the Libra energy begins. After the excesses that can be found in Leo, there is a powerful desire in Virgo to bring everything to a point of understanding and control. Little rules are made and strictly followed. Details become more important. You have to be careful that you don't end up following an endless string of them, precluding a wider vision. Gears are shifting at a rapid pace, although little may show on the surface. Virgo is truly called the sign of the mask with much taking place that is never made visible.

The breath of Virgo is an inhalation that is more of a sigh than a sign of desire to keep things held inside. The harvest

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is ripe and ready for reaping. The sun is shining down upon us, but there is a thought of winter as the leaves begin to turn and a wind like nothing that blows in the summer softly shivers the leaves of the trees. Life moves quickly. Frost may come at any time, sliding through the night on its slippery silvery feet, leaving its prints on fruit that was perfect the day before. In Virgo, the ability to sustain itself that comes to full fruition in Capricorn is bom.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Virgo is an earth sign with many similarities to Taurus, especially in the practical side of the nature and the tendency to be bound to things of the earth. It is mutable in quality like Gemini, but without the flightiness that can be found there. There are times, though, when you can get lost in the realms of intellectualism and forget your main goals in the more amusing diversion of mind games.

You who are born in Virgo seek perfection, but a different path to perfection than that which is followed in Leo. Virgo is the representative of womanhood and is one of the two triple signs of the zodiac, the other being Scorpio. The triplicity of Virgo is inhibited just as the full expression of women is still limited by certain conditions of life. Virgo is at one time the virgin and the mother with the implicit understanding that, as with the Madonna mother, purity is kept in spite of the fact that she has given birth. The third facet of the female expression will, I believe, find release through the work of Virgo energy in the world. It is that of a woman who is a true partner as well as an independent individual. This woman will be able

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to blend all of her masks together and emerge as a full person with a vibrant and sincere desire for perfection of mind, body, and spirit.

You seek the path of self-discovery and will strive to analyze your motives and actions. Be careful that you don't become so enamored of the analytic process that you forget to take action when it is required. It's so easy to fall into the trap of spending endless hours recreating new scenarios for past foibles and thus avoid dealing with the future. You cannot change what has already occurred; you can only put it into its proper perspective and then get on with your life. You could spend the rest of your life in analysis, searching for a complete understanding of your actions and reactions, but that is only of value if it opens up the future for you.

Virgo is known as the sign of service, and you must understand that through service comes self-mastery. As you extend yourself to others, you cannot help but advance yourself. If you seek to do something of importance in the world that can help people, you uplift yourself in the process. You can help so many others to change and get their act together, and in so doing you will strengthen your self as well.

Many of the changing processes that are constantly at work in the body are ruled by Virgo. The ability to assimilate raw materials that was begun in Taurus and moved further into the body through the action of Cancer is now sorted out as Virgo begins the selective process of analyzing, breaking down, and disseminating these materials.

Virgo rules the intestines and the absorption of nutrients that takes place there. It also rules the pancreas that produces and releases the proper combination of digestive juices into the system. The spleen comes under Virgo and holds an extra pint of blood in reserve in case of emergencies. It has partial rulership over the liver, especially its ability to store glycogen and produce enzymes.

There is a firm connection between Virgo and the solar

## *CELESTIAL BODIES*

plexus, the seat of much nervous and emotional activity. A harsh emotional blow can make you feel as if you had actually been struck in the pit of the stomach. It is the job of the solar plexus to send out the correct messages and assure the body that there has been no actual physical damage. Even at this level, Virgo acts as a troubleshooter in the system.

### *YOUR PLANETARY RULER*

You are ruled by Mercury, but by a different side of it than that which is shown in Gemini. The quick assimilation of information is the same, but in Virgo Mercury brings a reasonable and logical approach to bear on things. The powers of discernment are more highly developed, and there is a love of knowledge that is not scattered as it is in the Gemini manifestation. You also want to control that fast-moving energy and keep it from turning inward to the point that it can lead you to endless worry over things that will never happen.

Mercury's rulership over the nervous system can add to that tendency to fret and worry. Turn that quick thinking to the practical solutions to a problem that is puzzling you. Don't worry unless you have exhausted them all and are still not able to get rid of the problem. There are so many positive outlets for Mercury's lightning-like message system that works through the body and the mind, so let it carry you through everything with ease, and then reach out to new ideas.

The best thing about Mercury's influence is that it will make you stop revolving things around forever and make you get to the point. Then, this busy planet will spin you off into new and different viewpoints and perspectives to make you reach beyond yourself and put your learning to the tests of life.

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### *YOUR SIXTH HOUSE OF HEALTH*

What a good thing it is that Aquarius is the ruler of your house of health because this is a really different set of energies and one that can whirl you around at a furious pace. Aquarius does not conform easily to the rules of others. That is a definite hint for you to let go of some of those endless rules that you invent for yourself. Grasp that broad Aquarian vision of the future and blend it with your own thinking. Use this force to send clearer messages to your subconscious that cannot help but bring good results to your body.

You hate to deal with things that have not been explained to your full satisfaction, but the intellect of Aquarius is strong and will widen your understanding. You have a tendency to overinform yourself on a subject and take in so much information that you can't sort through it quickly enough to put it to use on a practical level. The influence of Aquarius can help you to make knowledge more of an active part of you and not just something to be set on the shelf until you need it again.

This creative energy can also tempt you to try new ways of dealing with your health. Reach out and explore new ideas, but don't just read about them. Make an effort to see if they work. Follow that Aquarian vision to a new view of yourself and your body and you will be able to find the way to blend the new with the old in a way that can be most helpful to you.

## CELESTIAL BODIES

### COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES

Your health problems are often the result of worry and fear. You can get lost in fear, a fear that is often totally unfounded. Fear can lead to self-pity, an extremely destructive emotion that can make you jump behind your mask and stay there without even peeking out. From there it is difficult to see the alternatives that are available to you, even when they are right under your nose. Yours is a sign that must truly serve the spirit within you in order for you to have the best of health. Incorrect motivation has a way of rebounding into your life with a vengeance.

You can fall prey to diabetes if the pancreas or liver is not functioning properly; hypoglycemia and other sugar-related complaints may also occur. A number of supplements, such as chromium, manganese, and vitamins A, B<sub>6</sub>, and B<sub>12</sub>, are helpful with diabetic complaints. You can derive much benefit from brewer's yeast if you don't have any allergies to it. Hypoglycemia can be relieved with a connective diet as well as the addition of pantothenic acid, vitamin C, and brewer's yeast. In both cases, you should eat several small meals each day that will provide you with good sources of natural carbohydrates.

You can sometimes suffer from ulcers as do Cancers, but yours come more from the negative effects of fear within the mind and body. Keep yourself as worry-free as you can and eat a healthy diet, and you may avoid them. Vitamins B<sub>1</sub> and C can help.

## VIRGO

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AIR ITS HEALING POWERS*

You require a diet that is plentiful in fiber to aid in the assimilation of food. You need always to have grain as a part of your daily intake. Learn to enjoy wholegrain breads with their robust flavor and choose a bran muffin over another kind. Brown rice can be prepared in many different ways, as can lentils, both of which are good for you. Vegetables will help to push the waste materials through the intestinal tract. Once again, eat those that are high in fiber such as the root vegetables that are plentiful this time of year. Carrots, parsnips, rutabagas, turnips, and potatoes are all good.

Lemons are a fruit that works as a cleanser in the system in just about any form. The juice is the easiest to ingest, either mixed with water or taken as a refreshing drink of lemonade—without refined sugar, of course. Sugar is something that you must limit in your diet, given your possible sugar problems. There is such a wide variety of sugar-free food and drink available now that you shouldn't feel deprived. Nuts are a good source of energy, but their high fat content is a warning to eat them sparingly. Pumpkins and their seeds are both good, and parsley should be a regular part of your diet. Parsley is an attractive and delicious garnish and, if you like juices, you can just add a sprig to any vegetable juice you may be concocting.

Teas of the herbal variety are much preferred to coffee, which can push a lot of wrong buttons in your nervous system. Different forms of mint are soothing to the system, and there are some most delectable combinations available.

You can eat eggs on a fairly regular basis without worry and should keep cottage cheese high on your list when you want to add some dairy products to your intake.



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With that Mercurial influence in your life, exercise, if only for a few minutes a day, is strongly recommended for it will keep you in motion, but a motion controlled and directed. Do those exercises that keep your lower back supple and feeling relaxed as well as those that elevate your legs over your torso. If standing on your head seems too risky, a shoulder stand is easier and will work on some of the same things. These exercises, as well as ones that work on specific stomach muscles, will all aid the intestines in their job and keep everything moving on the inside.

## *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

You will doubtless want to check out any doctor you might decide to consult. Once you have made your choice, you want every detail of health information he can give you. No mysterious grunts or wise looks will suit you. Since yours is the natural sign of health, you are usually well-informed on the subject. Many Virgos become doctors or nurses or are involved with the medical profession in some way. Just remember that if you are not a doctor yourself, you should listen to the one who is advising you and not be secretly sure that you know as much or more about the problem in question.

You will probably consult several specialists about a problem rather than trusting a general practitioner to have all the answers. You might want to be tested at some point for your allergic reactions to various foods and substances as there could be a problem with allergies. Remember that you have more than a touch of hypochondria in your nature, so be sure that the symptoms you are pouring into your doctor's ear are not

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the ones you saw on a hospital TV show last night. You have enough to worry about in real life when you overreact to things without thinking up imaginary ones to wrestle with.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Pisces is your opposite sign and is definitely your opposite when it comes to attitude. You usually pick things apart too much, and Pisces is satisfied with the overview and doesn't dig enough. Let Pisces teach you to let go of unnecessary details and let life flow around you. Learn to handle your reactions as you encounter various events in your life rather than wasting a lot of time and energy trying to figure out what might happen. Many of those little situations you have been imagining won't come to pass anyway, at least not in the way you think.

Learn to see yourself as a total picture, not as a mass of different elements. Let the Pisces spirit open up your own. Don't get lost in self-recrimination over some minor infraction of your long list of personal rules. Look at the progress you are making overall. Pisces can show you the inner workings of yourself in a way that can generate the faith in yourself to carry out anything that you want to do. Your innate desire for self-improvement gives you the power to make changes in yourself. You can look at yourself with a critical eye and see the faults to be worked on.

Once you have found something that works for you, you are willing to pass on the information. Just be sure that you have fully absorbed the knowledge yourself. You must grasp the totality of the experience or it will turn into just one more

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thing that you know a lot about, but don't particularly believe in.

You have such a keen eye for weakness that you must always be careful not to reveal what you see to others. Otherwise, you may reinforce the very insecurity they may be trying to deal with. Remember that your key word is service, so find the true spirit of service which is blended with kindness and consideration. Then you will help yourself as much as those around you and fulfill the best of yourself.

## *Chapter VII*

# ***LIBRA***

As WE PASS INTO THE SIGN OF LIBRA, A VERY DIFFERENT expression of energy is revealed. This is the beginning of the second half of the zodiac and the first thrust of force out into the world. Now that the initial struggle for self-knowledge has been completed, relationships come into being, and you begin to understand yourself through the eyes of others. Many of the pieces of your personal puzzle are in place, and it is time to try your self out on the world and see what others think.

Seasonally, the earth is at the very end of its fruit-bearing cycle. The harvest moon casts its glow over a world that is already beginning to shut down, preparing itself for Winter. As a result, and even though the breath of Libra is an outward one, it is not a rush of air that comes forth but rather a controlled and gentle breath. It is released easily and naturally as you share your energy with those around you. Isolation and

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withdrawal can negate all that you are meant to be, so let your energies come forth and mingle with the world. Only then will you be able to recognize and bring to fruition the best within yourself.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Libra is an air sign with a strong imagination and little of the enatic force of Gemini. It is cardinal in nature, like Aries and Cancer, and thus needs some motion, but a motion that is based on the desire to come finally to rest. You seek to have an established understanding to work with rather than reaching out blindly in any direction that seems to offer itself. You may appear to be indecisive during the time that your thinking is oscillating back and forth in search of the balance that is just right for you, but you can come to a decision if you have to. Perhaps if you were to verbalize what is on your mind while you are acquiring the balance of ideas, you would hasten your own mental processes as you bounce your ideas off others. Remember that you will always learn more from the image of yourself that others present to you than you will ever figure out on your own.

Libra is one of the signs that is often described in such pleasing terms that everybody wants to be one. You are the ones who can be the most charming, the most diplomatic, and the fairest of all. You try to see all sides of a situation in your search for justice. This can get you lost in shades of gray when you think you are seeking something that is concretely black and white. There is still much to be discovered in this sign, and it almost all relates to the search for balance. You weigh

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one fact against another, adding a little bit here, taking away a little bit there, until the scales are even. Just be sure that in your need to be fair to everyone you are fair to yourself as well.

Relationships are what you are all about, and the Libra who tries to live an isolated life will be a very unhappy person. Your energies are sparked by those around you, and without the support of someone who cares for you it's hard for you to put things together on your own. You are sometimes in danger of compromising too much in order to maintain a relationship. This can create psychological conflicts because you can perceive even a negative relationship as being something that you have to hold on to at all costs. You must sift through your relationships until you find the ones that provide you with that sense of balance that you need to function at your best. Then

it were not removed. If this important job is not done right, the balance of our health can be permanently destroyed. Libra also rules the basal metabolism, specifically the acid-alkaline balance. It has much to do with the glandular action of the body and those secretions which result from the working of the glands, which contribute a great deal to the balance of internal energy that Libra works so hard to keep.

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### *YOUR PLANETARY RULER*

Venus, the ruler of Taurus, is also the ruler of Libra and links the two signs with a love of all that is comfortable, beautiful, and harmonious. Venus gives you an artistic sense that often results in a fine sense of color and form, enabling you to create a lovely environment for yourself, if given the opportunity. You need a peaceful environment to bring out the best within yourself for you dislike anything that is ugly or unbalanced.

Through Venus, Libra is linked to the skin, especially its texture and appearance. Your appearance is all important to you, and flawless skin certainly does contribute to your general good looks. Libras of both sexes are noted for their good looks and general attractiveness. The Venus influence in your life makes you a loving and affectionate person when it is fully expressed, and you surely want those affections to be returned. You love to be in love, and your skin literally glows with pleasure when you feel cared for. Even as Venus flourishes in spite of its close proximity to the sun, so you flourish when you are close to someone you admire. You are a good partner if you feel in tune with someone—another gift of benevolent Venus.

### *YOUR SIXTH HOUSE OF HEALTH*

Pisces rules your sixth house of health, and since it is a double sign, it gives you all kinds of possibilities to choose from in the way you deal with your health. The Pisces force accents the effect that your emotions have on your physical

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well-being. Through the use of the visionary imagination that is one of the gifts of Pisces, you can travel a long way on the road to better health simply by imagining yourself in that condition. The body usually imitates the image that the mind has created.

Use this Pisces energy to release some of your emotions. Then you will have a clearer mind when it comes to making decisions, and they won't be all muddled by an excess of feelings. Pisces in this placement also shows a need for plenty of liquid to flow through the body, helping the kidneys do their work. You would do well to seek out naturopathic and homeopathic remedies for your health problems, as you have a natural affinity for such methods of healing. You are also one who must work to heal the spirit as well as the body, for you cannot separate one from the other without creating a whole new set of problems. The most positive result of this Pisces influence in your life is a desire to go beyond the objectivity of what seems to be right and sense its value for yourself as well.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

A great many of the physical complaints that affect you stem from the action of the kidneys. If they are not functioning properly, you can suffer from a wide range of illnesses, from a skin rash to the poisoning of the whole system. You can have headaches, problems with insomnia, swelling in the hands and feet, or kidney stones—to name just a few. Malfunctioning kidneys can be the source of a nagging backache that doesn't go away no matter what you do. This same malfunc-



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tion can also give you a general feeling of malaise that does not seem to be eased by any ordinary pain remedy or antidepressant.

If you are having any or some of the above symptoms, go to your doctor and make arrangements to have your kidneys tested, even if you don't think they could be the problem. They are frequently at the root of your health troubles, so check them out first. If they do not prove to be the cause, then you can check into other possibilities. Don't waste time. There are many side effects that come from clogged or sluggish kidneys, and they can become serious in a very short time.

There are a lot of things that you can do to help your kidneys. A glass of water, the best cleanser, should be drunk several times a day. Liquids of all kinds are good, with the exception of alcohol, which is very hard on the kidneys. Either stop drinking alcoholic beverages or limit your consumption. There are many homeopathic tinctures that work directly on the kidneys, and they can be obtained from a homeopathic physician. These tinctures may also work apparent wonders with kidney stones, as will the addition of choline, magnesium, vitamin B<sub>6</sub>, and potassium.

If your kidney problems become so far advanced that you find yourself suffering from a more serious ailment such as Bright's disease, vitamins A and B<sub>12</sub> will help, as well as additional folic acid, inositol, and, with the approval of your doctor, vitamin E. Another serious kidney disease is nephritis, which will respond to doses of choline, magnesium, and vitamin E—again, subject to your doctor's approval.

If the acid-alkaline balance is disturbed by an intake of too much food of high acidity, you can be troubled with free-floating anxiety. You can suffer from insomnia, and feel unable to relax, a terrible thing for a Libra who likes to be relaxed more than just about anything else in the world. If you find yourself taking a lot of over-the-counter antacid remedies,

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be sure to add extra magnesium on a daily basis for your natural supply will be depleted. The cell salt Natrum Phosphoricum may also help to bring you back into balance.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE, AND AID ITS HEALING POWERS*

There is a wide range of foods that are good for you and give you plenty to choose from, no matter how much trouble you have making up your mind. You are fortunate to be able to eat so many things and absorb and utilize them all. A variety of fruits are beneficial and you need to eat fruit every day. Apples, pears, peaches, grapes, pomegranates, figs, and strawbenies all have a special connection to your sign and help to keep the system lubricated. You need a bit more fat in your diet than most signs, and nuts, especially almonds, are a good source. Edgar Cayce, the great American trance healer of this century, recommended almonds on a daily basis to everyone as a preventative against cancer. Peanuts and pecans will add to your natural supply of choline.

You often have a sweet tooth, but the extra fruit in your diet should help satisfy that, at least enough to keep you from reaching for a Twinkie at odd moments. Whole wheat flour is preferable to white flour, and pastries are a real no-no, no matter how beautiful and tempting they may appear. Peppermint has a delightful taste, and a glass of iced peppermint tea on a hot humid day is not only more refreshing than a soda but is much better for you.

You need a balanced diet with all the vitamins and minerals in plentiful supply. Don't overload your system or you will

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feel it immediately. Meat can be hard to digest, especially if you are emotionally upset, so don't treat yourself to a steak to make yourself feel better. You'll get more good out of a fresh fruit salad. Don't go overboard with exotic spices, since they can be hard on your system. Lima beans, chick-peas, soybeans, bean sprouts, and lentils are all especially good foods to have in your diet, as well as asparagus, which works as a natural diuretic. Lamb is a meat that can be absorbed easily by your system and will not disturb the acid balance as red meats can. Molasses is a good natural supplement, being loaded with iron, and is a delicious sweetener that can be added to many dishes.

You should always keep plants in your home, especially flowering plants which fill the air with their fragrance, appealing to the senses. They will also help to purify the air, for you hate to be in a room filled with stale or recycled air.

Exercise is something that is probably already a part of your life in spite of your mildly lazy streak. After all, you like to be attractive and are willing to work at it. You like exercises that are reasonably civilized, since you don't like to sweat any more than you have to. Because you are fond of people, you would be happiest in an exercise class rather than spreading your mat out on the living room floor by yourself. Since you love music, a dancercise class would be one that you would stick with and thoroughly enjoy. Your desire for physical balance could be satisfied through gymnastics such as working on the parallel bars; you may be surprised at the way your body seems to take to this form of exercise. There are also excellent Yoga exercises that will stimulate specific stomach muscles that aid the kidneys.

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### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

When it comes to selecting a doctor, keep in mind how much you can be affected in your judgment by the way someone looks. It's just divine to have a doctor who looks like a movie star, but you want him or her to know more about medicine than a movie star does. Once you get past the image, it can take you quite a while to sift through various doctors' qualifications and choose one. One will have a wonderful reputation, another is an excellent surgeon, and the third is consulted by your best friend. When you find the one that meets all of your requirements, then you are settled in for life and will begin strengthening the relationship so you can feel more at ease.

You are reasonably inclined to work with alternative forms of medical treatments, especially if you know several people who have been successful in their experimentation with them. Anything that will work naturally through your system is appealing, because you wish to avoid surgery or hospitalization if at all possible. The regimented and clinical atmosphere of a hospital is not one with which you feel comfortable. You could get some good results by using the Bach Flower Remedies, a source of natural healing essences that has a special connection to Libra. Try them out. Their gentle action suits you admirably.

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### THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES

Aries is your opposite sign and its push to action can help you move more quickly and directly toward your goals. Your desire to be sure that you have left no stone unturned in your search for truth can leave you immobilized for long periods of time, so let some of that Aries impulsiveness shove you along the path of action. There are times in your life when you just can't take the time to sit still and consider all of the routes that are available to you. You must take one of them, even if it turns out to be the wrong one and you have to make a detour. You'll still reach your goal. The main thing is to take the first step.

Aries natives can have a direct, often abrupt, manner of speaking in contrast to your circumspect and diplomatic approach. It makes it difficult for you to get to the point of something, and there are times when you need to speak what is on your mind with no flourishes or embellishments. The Aries influence can also help you avoid the compromises that you often make and then regret. Once you have reached a decision, stick with it if you believe in it and don't get pulled apart by your attempt to agree with everyone. It's an impossible task, so just admit it and stick with your decision. Let others come around to your point of view if they are interested.

Keep in touch with the beauty within yourself and let it come out into the world. It will delight your friends as well as yourself and cement a creative bond among you. Once you have found your internal balance, there is little that you cannot accomplish if you will but start. The saying, "A journey of a thousand miles begins with but a single step," most definitely applies to you. Never forget it.

## *Chapter VIII*

# **SCORPIO**

SCORPIO ARRIVES AFTER THE LAST FLIRTATION OF LIBRA AS IT drifts away through Indian summer with a wave and a languishing smile. Some of the early days of Scorpio may arrive with a final burst of sunshine and balmy breezes, but the frost is already beginning to permeate the earth. Winter is approaching, and the earth is settling in and making itself as self-contained as possible. The inward breath of Scorpio is one of the deepest of all, for this is the breath of hibernation. This breath has to sustain life through many a difficult situation and is held in a long time before it is released. All of the energy and vitality of summer has to be remembered and committed to soul memory so that when winter's nights grow long and cold, you always have a moment of sunshine deep within your heart to warm your spirit.

In Scorpio, the growth is internal, as it is in the earth. Ob-

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vious growth is over for the winter, and all the work that is done is in the soil. The roots of life are being strengthened which is as it should be, for they are begun in Taurus, Scorpio's opposite sign. In Taurus, it is a rooting that is created to support the flowers which will appear. In Scorpio, the roots just seem to want to penetrate ever deeper into the earth. From this force will come the next season of growth, so the work of Scorpio must also be done.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Scorpio is a water sign, but unlike the free-flowing waters of Cancer, the water of Scorpio is still, already beginning to turn into ice. Once that happens, you are often bound in bonds of your own making. Like most still waters, it may be deeper than it seems to be at first glance, so those who swim in these waters must take care. There may be more surprises beneath the surface than you are ready to deal with. This sign is truly like the iceberg that only shows a piece of itself above the chilly waters through which it moves. Most of it lies beneath the surface and can only be seen with the most penetrating vision.

Scorpio is a fixed sign, like Taurus and Leo, and although it may not be as assertively stubborn as they are, it is extremely resistant to change. Although it is the sign of transition and transformation, the changes are so subtle and so deep that even when the results are finally visible it is hard to say when and how they took place.

Scorpio is the other triple sign of the zodiac, but unlike Virgo its energy is not inhibited. In Scorpio, the triplicity is

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expressed symbolically in the scorpion that stings itself to death, the eagle that can scale the heights in its high flight but is still a fierce and carnivorous creature, and the dove that seeks to carry its message of peace around the world. This is an intense triplicity on some levels, and none of its energy is repressed. If anything, it goes almost too far.

Scorpio is full of energy, but that energy must be pushed through to the surface. Its penetrating power is intense, which is why it is connected with sex, that is, penetration on the physical level. Yet the force is much more than that, for Scorpio seeks to penetrate everything, lifting the veil that conceals mysteries and revealing them in the light of understanding. It can turn inward, digging deep within the psyche in search of self-knowledge. You have the reputation for being the least understood sign of the zodiac, but I think you rather enjoy your air of mystery and make an effort to maintain it.

A deep-seated psychological conflict can result from your intense need for privacy or when you dig too deeply into your own consciousness. Sometimes you just have to back away from painful experiences that you have buried in your mind and just let them be. Dredging them up to examine one more time may not be the right thing to do. You tend to like the analytic process, even if you try to control how much you will reveal. Many Scorpios enter the fields of psychology and psychiatry where their naturally keen insights stand them in good stead. If you share those insights with others in a kind and compassionate way, blunting the often sharp edge of your tongue, you can be very helpful to others.

In the body, Scorpio rules the reproductive organs of both sexes and the prostate gland. It also controls the last stages of the elimination process with dominion over the large intestine, the colon, and the rectum. Its main work is with the colon since a well-functioning colon is essential to good health. On a physical level as well as an emotional one, you must get poisons out of yourself if you are to maintain good health.



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### *YOUR PLANETARY RULER*

Pluto, the dread lord of the underworld, is the ruler of Scorpio, although some people feel that Mars still has some power here as well. For many thousands of years, Mars was considered to be in its night house in Scorpio, but Pluto has replaced it since its characteristics blend so well with the Scorpio energies.

Pluto is an enormously powerful planet that can affect a whole generation with its influence, even though that influence may not be seen for another generation. It rules the process of life and death, with the concept of regeneration being understood as part of that process. Pluto is the transformer that can make everything happen or bring it to a screeching halt. It makes sweeping changes, both within us and in the world. When you see a lot of powerful events happening at once in the world, you can bet that Pluto is making aspects in the heavens.

Pluto is the ruler of the subconscious mind and has much to do with our involuntary reactions to events in our lives. Pluto works beneath the surface of our conscious mind to transform bitter and unhappy memories so they cannot cripple us. Pluto can help us to work positively with these old feelings with a little conscious effort on our part. In the body, Pluto helps ensure vital metabolic and genetic changes and keeps the chemical processes in motion that keep us healthy. Its most important physical work is as the ruler of the endocrine system. If the endocrine system is malfunctioning, the whole body will go out of whack in short order. As usual, its work is not obvious, but certainly necessary.

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### *YOUR SIXTH HOUSE OF HEALTH*

Your house of health is ruled by Aries with that link to you established through the action of Mars. If you understand that old relationship between the two signs, with Mars being in its day house in Aries and its night house in Scorpio, it becomes clear that the illumination can be brought to you through the Aries influence in your house of health. Direct action is called for when your well-being is at stake. Don't push a health problem down, figuring that if you bury it deeply enough, it will never rise up to bother you again. Use the Aries approach to meet your health problems head-on and do something about them now. Don't let years go by until they become insurmountable.

Your attitude can also be improved with just a dollop of Aries power. It will bring things out into the open. If you act on a feeling or happening when it first occurs and your reactions are fresh, you can clear things up right then and there instead of holding it within you and brooding over it. For example, a little Aries temper tantrum can be a lot healthier than keeping a long-standing grudge and letting it eat you up inside.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

Your health problems are often connected to the reproductive organs and you Scorpio women have your share of female complaints. Scorpio men have more prostate problems than any other sign, and both sexes are prone to all kinds of ve-

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neral infections because of your need to act out your sexual impulses. Remember how your strong sexual drive can push you into dangerous territory. If anyone in the group is going to end up with herpes, it's you.

There are lots of natural remedies available for vaginal complaints, ranging from the simplest yeast infection on up the scale. You could make things go more quickly if you get tested for Candida allergy, which can be the basis for a lot of problems. Vitamin B<sub>2</sub> supplements can work to relieve this, as well as a general itching or inflammation in the vaginal area. A consistent problem with low-grade infections can be the result of a potassium deficiency.

You Scorpio females can suffer menstrual irregularities and complications. Please avoid birth control pills, and intrauterine devices if you can. Perhaps you should read up on your moon cycles and investigate the astrological or other natural methods of determining peak fertility periods. Severe cramping during your period can be relieved with an intake of extra calcium and vitamins A, D, and E. Vitamin B<sub>6</sub> can lift your premenstrual depression, and calcium, vitamin D, and the cell salt *Calcarea Phosphorica* will ease that lower back pain.

Should you have trouble conceiving, there are such wonderful advances being made in the area of fertility that you will be sure to find an answer somewhere. Vitamin E also helps with fertility problems.

It may seem as if I have been leaving you men out of this whole section, but the truth of the matter is that the reproductive cycle has a bigger effect on women than it does on men, so they are the ones with more potential problems. All you have to worry about is your prostate. An intake of a minimum of 15 mg of zinc a day can work on a wide range of prostate problems. You can also take lecithin and vitamin E.

The last set of common Scorpio health problems affects both men and women. It is related to the action of the colon. Constipation can be a real problem. A diet with more roughage

## SCORPIO

is, of course, helpful. Keep plenty of liquid moving through your system and step up your fruit consumption. Don't fall into the bad habit of relying on commercial laxatives to take care of things or you will find yourself dependent on them. Add vitamin D, thiamine, pantothenic acid, and potassium to your diet as well as the cell salt, *Kali Muraticum*. Increase your exercise time to get your system moving. You must move out that fecal matter and the poisons that live in it for maximum health.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

The number one priority in your diet is the roughage needed to scour your intestines. Fruits of all kinds are good for you, with citrus fruits, especially limes, being the best. The rinds and pulp of lemons, oranges, and tangerines contain bioflavonoids, great helpers in hemorrhoid problems. You should also eat plums, apricots, black currants, figs, grapes, and prunes. Eat at least one or more of these fruits every day and you will be pleased at the change inside your body.

Vegetables are a daily must for you as well. Barley and bran can be real energizers. Buckwheat grains, also known as kasha, are delicious and can be fixed in a variety of ways with different herbs to jazz up the taste. All kinds of dried beans are good sources of thiamine, with artichokes, cabbages, sweet com, watercress, radishes, and okra also good sources of thiamine. Learn to like the taste of the wide variety of products made with soybeans. There are many new soybean products

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on the shelves at health food stores, and a lot of them don't even taste like soy.

Too many rich foods and too much fat in the diet can be dangerous. You don't need to coat your intestines with anything that might inhibit their action. Dairy products should be taken sparingly for the same reason. It's better to get your calcium in a natural supplement than from a rich cheese sauce. A wide variety of cleansing herbal teas is recommended, especially those that contain ginseng or wintergreen. A tea made from an infusion of nettles is good for many aspects of your health.

Don't fall too much in love with fatty red meats. It's hard to get them out of your system, once you have gotten them in. Try eating more chicken. Beef liver is all right. Try to get it from a source that does not overload the animals with hormones or chemicals, because all of that stuff will still be in the liver. Tuna, mackerel, and salmon are all good sources of Vitamin B<sub>6</sub> and will add more variety to your diet.

You need exercise to keep flexible and want to get into those exercises that will make you perspire profusely in a real workout. The sweat glands help cleanse the system and will work with the rest of the eliminative process. You may feel that with your high libido you may already get plenty of exercise—and it is certainly good for the back and legs—but you need more than that. Exercises that reverse the blood flow are beneficial. You will get almost instant results from a headstand or shoulderstand. Anything that puts your head below your hips for a while is good. Jogging and running both serve their purpose. The important thing is to keep that body moving. Otherwise, you can get into a rut and lose interest.

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### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

When it comes to doctors, you must find one you trust—never easy to do. After all, you are putting your life in this person's hands. If you realize that, then please be honest with your physician about your symptoms. Don't expect your doctor to be a psychic who will be able to see what is wrong just by looking at you. It's fine to be mysterious about yourself, but not in this instance.

With your potential intestinal problems, you might be well advised to investigate the benefits of a high colonic or irrigation of the intestines on a regular basis. You should also have a yearly rectal examination. It could show a problem in its early stages so you could rectify it before it got any worse.

Your strong affinity for the occult and interest in hidden knowledge could bring you close to all kinds of methods of natural healing. Scorpio is also one of the signs connected with medicine, especially the research end of it. As a result, you have an innate understanding of your health that goes beyond anything you may have read or studied. You are certainly able to recognize what is happening in your own body if you pay attention to it and don't push it into the background.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Taurus, that ebullient sign of springtime, stands in opposition to Scorpio with a link between the two that is closer than between any of the other pairs of opposites. When you look

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at the body in astrological terms, with Taurus ruling the throat and Scorpio ruling the rectum, it's a pretty straight line from one to the other, at least on the outside. As usual, the inside is much more complex.

That indomitable Taurus energy can encourage you to bring your secrets out into the light of day. It promises that you will learn something positive from them if you do. It helps you to understand about growth so that you free yourself from the idea that you have to hold your energies so tightly. Its loving side can help you to balance your mental and emotional health, often an area that needs healing the most.

As a water sign, you feel the tides of passion to your very soul. You may be able to hide your emotions from the world, but they rage through your spirit and can work themselves out on a physical level in headaches that seem to pound through your body.

You have much power for good with the gifts of the natural healer at your disposal. Surrender to the power within you and let it flow out. Forgive yourself when you make a mistake, even if you have to grit your teeth to do it. The dragon power of Scorpio is like none other in the world, but it must be tempered with love and forgiveness. Fill yourself with the wisdom of the dragon, gathered through countless ages of living, and fly to your future with an open heart.

## *Chapter IX*

# **SAGITTARIUS**

THE DYNAMIC ENERGY OF SAGITTARIUS COMES AS A WELCOME relief after the brooding quality of the Scorpio experience. Winter is upon much of the earth, but there is an enthusiastic quality to the life inherent in this sign that can overpower everything around it. This quality brings everyone in to share in the celebration of abundance that is promised here. An expansive force appears in Sagittarius that is rarely daunted by limits or rules. The arrow will be released from the bow to fly through the air to its mark heedless of the obstacles that may delay those that are on the ground.

Sagittarius breathes a message of life out into the world and brings renewed energy to all of us. We have become used to the cold weather and the changes it brings into our lives and now can enjoy the experience of winter. The Sagittarius is more than ready to give all to the world and wants everyone



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to have a good time. A personal sense of adventure is peaking here, and the desire to explore new ideas and horizons is dominant. As a result, you have to be careful that you are not forever running from one extreme to another in an effort to touch as much of life as you can. Find the idea that you can believe in and then let your faith carry you to your goals.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Sagittarius is the last of the fire signs and more like the fire of Aries than that of Leo. In Aries, the fire flickers vigorously in its attempt to stay alive long enough to grow stronger. In Sagittarius, it flares up so it will not go out. This accounts for the sometimes uneven quality of your energies. You can be enthusiastic and deeply involved with a project, then suddenly lose your momentum and find it hard to regain it. The more you reach beyond yourself and give of your own force, the more you will get back, for that is the nature of the sign.

Sagittarius is a mutable sign, like Gemini and Virgo. This can bring about a changeability of nature that seems incompatible with such a jovial and benevolent force. The best way to cope with this is to find the cause that stirs all of your being and then convert that action into one-pointed effort. Once you have fixed on a course of action, there is little that can stand in your way or compete with the quality of effort you can bring forth. Faith is truly the foundation of your life. The sooner you can find faith in yourself, the more you will be able to accomplish.

As a Sagittarius, you enjoy the interaction and expansion of relationships. You don't have the compulsive need to be in-

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volved in them that can happen in Libra, but you are interested in them and often amused by them. In fact, this element in your nature can cause you to play games in relationships. They are not malicious games, but sometimes you are the only one who is amused. You must keep in mind what a positive emotional quality relationships can bring into your life and focus on that side of them.

You often find it hard to be content with the present because so much of your energy is spent in anticipation of what might come next. Although your sense of honor is strong and you seek the best for yourself and others, there is a certain fondness for living on the edge that can lead you into danger if you don't keep it constructively channeled. Push yourself toward creative and productive ways to use that love of adventure. You're a gambler at heart, so take positive risks with yourself and your future.

In the body, Sagittarius rules the hips and thighs, the sciatic nerve that runs down the leg to the heel, the gluteus muscles that form the buttocks, the coccyx, and the sacrum. It also rules the exhalation of the breath, working in harmony with its opposite sign, Gemini, which rules the inhaled breath.

### *YOUR PLANETARY RULER*

Jupiter, the benevolent bringer of good fortune, is the ruler of Sagittarius. The power of this planet is so strongly oriented toward positive action that even a bad aspect to Jupiter in your chart is often better than a good aspect to some other planet. Jupiter represents the force of expansion and can be both good and bad. It can create a love of rich food that can lead to gluttony or an enjoyment of drinking that can lead to alcohol-

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ism if it is not controlled. It brings luck, but can also be the force that pushes you to serious gambling. You can see that it is up to you to control this powerful, but sometimes unruly, force in your life so that you can reap the benefits without danger.

Jupiter has co-rulership over the liver with Virgo and also controls the fats in the body. The process of breaking down the fats through enzyme reaction is a great portion of its work. Here, once again, enough is good but too much can be just that. Jupiter can pull you through almost anything in life as long as you don't let him carry you away in the process. With control and direction, he will always show you the alternatives that are available to you on every level of living. Even as he is the ruler of all the gods with the greatest vision of the future, so will he lead you unerringly to your next step in personal growth. All you have to do is use his gifts wisely.

### *YOUR SIXTH HOUSE OF HEALTH*

Taurus rules your house of health, and its steady force can balance your enthusiastic energy and keep it under control without dampening it. Follow the precepts of Taurus and take a methodical approach to your health, even though it may go more slowly than you want it to. If you have a problem with overindulgence in food, plan a careful diet and be sure that it includes enough good things that you like. Otherwise it will be hard to stay with it because you hate to feel deprived in any way.

The most important influence Taurus can have in your life is teaching you to handle your health one step at a time. Don't jump ahead to the next step until you are reasonably sure that

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the first one has been worked through. Your conviction that you can handle everything at once can sometimes lead you astray. If you are trying to deal with several bad habits, do so one at a time. Your chance of being successful will be improved, and you won't run the risk of getting discouraged and falling back into more self-indulgent patterns. Losing forty pounds in one month, for instance, would be an astounding feat, but it is only possible if you are going to starve yourself completely. Losing forty pounds in one year is a much more realistic and permanent goal. If your new health habits are incorporated slowly into your life, you will have a much better chance of sticking with them.

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

You are blessed with excellent vitality and good overall health, so that it is perfectly possible for you to pass through your entire life with no major illnesses. If you do suffer some ailments, your recovery is rapid and often barely slows down your momentum. Due to your fiery energy and enthusiasm, you tend to be somewhat accident-prone. Your gaze may be directed at a faraway goal and not at the pothole in front of you. Your accidents usually occur in the legs, with the tail-bone being a spot that is liable to receive at least one thud in your lifetime.

Many of your health problems will come from the long sciatic nerve. This can affect your body from the lumbar region of the back down through the calf of your leg, although the thigh is usually the most sensitive area. Vitamin B complex and the cell salts *Magnesia Phosphorica* and *Kali Phos-*

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phoricum may help relieve a sciatic condition. The flowers of the hop plant, made into tea, can work to relieve tension in the sciatic nerve and, if taken regularly, can be an excellent preventive medicine.

Leg cramps can annoy you intermittently throughout your life. They can usually be gotten rid of easily enough if you don't mind hopping around on one foot in the middle of the night, or having to pound on your thigh at odd moments, but you might want to try other methods. Calcium, vitamins B<sub>6</sub> and D, niacinamide, magnesium and the cell salt Magnesia Phosphorica will all work to prevent leg cramps. If you have been running or hiking or otherwise exercising your legs more than usual, they will help you pass a restful night without being awakened by painful cramping of the leg muscles.

The other problem that you may have with your health is a tendency to exhaust yourself, both physically and emotionally. You throw yourself into life with verve and enthusiasm and have lots of energy, but everything has its limits. Even you cannot mn at top speed throughout your life without stressing your system. Give yourself some restful times when you can put your legs up on a pillow and lie back with nothing more tiring to do than turn the pages of a good book. Then, when you find yourself in a situation where you really do need that extra little bit of energy, you can be sure it will be there for you.

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### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

Your lively sense of adventure applies to the foods you eat as well as other areas of your life. You often prefer exotic dishes from foreign lands, piling on the spices and sauces and then eating too much of everything. If you simplify your habitual diet to some degree, then you can splurge at times on Szechuan beef with spicy sauce—but don't do it every day. You also need to keep an eye on your fat intake, remembering Jupiter, your ruler, and his connection to the fats in your system.

Asparagus is a great cleanser for you, and there are so many delicious ways to prepare it. Cucumbers seem to have a special ability to soothe your system, and watercress, mushrooms, and green peas are good sources of niacin. Most all leafy green vegetables are beneficial and should be eaten with some regularity. The fruits that are best for you are apricots, rhubarb, currants, cherries, and persimmons. Olives seem to add to your general well-being, but remember to eat them in moderation.

Sage should be used in cooking as should cloves and nutmeg because they stimulate certain essential organ activity. Rubbing the legs with a liniment that contains balsam or wintergreen can help prevent a tendency to rheumatic problems. All parts of the dandelion plant increase the productivity of the liver and add to your general good health. Always be kind to your liver, for your love of the good life can seriously overwork it.

Regular discipline in your diet is the greatest aid. You don't want to get into a yo-yo pattern of first living on lobster newburg and champagne, and then switching to brown rice and spring water when your system begins to complain. This pat-

## *CELESTIAL BODIES*

tern can be debilitating to your system and will also make you very tired of the idea of disciplining your eating.

Your will to put forth energy is strong and cannot bear to be inactive for long. You throw yourself vigorously into an exercise program, determined to excel, and often end up with pulled muscles for your pains. You need to exercise, but at a reasonable pace. Running at a fast pace is not particularly recommended unless you have devoted some time to warm-ups and leg stretches. If you don't, your legs will tighten up and produce great chunks of muscle instead of improving the long muscles. A ballet class for beginners could be an excellent investment of time, no matter what your age is. Exercise of the stomach and diaphragm muscles help to massage the liver and keep it healthy. If you intersperse your exercising with periods of total relaxation, it will make the physical action much smoother and calm you down as well.

## *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

Sagittarius has a solid connection to medicine and produces many doctors and healers. The sign gives you a natural desire to reach out and help others if you can. You might enter the medical field, even explore new territory in it. You will try just about anything if you get that little feeling inside of yourself that tells you it is going to work. You prefer self-healing if it can be done, seeking the advice of a doctor only when the problem is beyond your ability to handle.

Once you have decided to seek a medical opinion, you try to head right for the expert in your difficulty and not waste time with referrals from one doctor to another. You are willing

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to speak honestly about your health problems and listen to the advice that is offered. You have a streak in you that can make you shrug off the doctor's comments if they contain something you don't really want to hear or be bothered with right then and there. You dislike being laid up for any length of time and detest the thought of surgery and its potentially long recovery period. If it becomes necessary, however, you usually come through it easily with an extraordinarily brief recovery time. So, if you need to have an operation, don't put it off.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Your opposite sign is Gemini with its quick wit and actions, although it often lacks the purpose that you try to put behind your actions. It can teach you to lighten up on yourself a bit, and not hold on to things when it is time to let them go. You have an inner conviction that you can handle anything and make it come out all right in the end, even when the facts are pointing to a different outcome. You need to get a sense of your own limitations and then work brilliantly within them. Geminis know how to discard things and move on when they aren't working out, but you can get deeply involved in a lost cause and then defend it to the end because it has aroused your sense of honor.

Yours is a sign that seeks to shed its light in the world and to be in touch with lots of ideas and people. Remember, though, that you can't **run** on nervous energy alone. Bring your ideas forth and put them to the test of reality, working on them in a logical way. If you try to do too many things in a flurry of disorganized activity, you will disappoint yourself.



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Remember, you are represented symbolically by both the arrow and the bow. If the bow is not steady, the arrow is liable to falter in its flight or fly beyond the target. With good aim and a steady force flowing from your inner being, you can accomplish even more than you dream you can. You can have all of your visions and have them on a grand scale, if you carry them out one at a time with your final goal ever bright before your eyes.

# *Chapter X*

# **CAPRICORN**

CAPRICORN IS A DEEP INWARD BREATH, FOR WE ARE IN THE throes of winter, experiencing the icy center of its force. Everything must sustain itself until spring or die, so this is no time to leave any openings through which the winter chill can creep in and begin to demoralize the being. Growth is hard to achieve, for it takes all of your power to stay at the level that you have set for yourself. Your breath is one of retention and sustainment. It seeks to keep your forces as controlled and even as possible so that nothing can mar your perfection of purpose.

The Capricorn is known as the perfect person, able to incorporate all of the lessons that have been learned through the other signs so they can be released in Aquarius as the cycle begins to roll toward its closing moments. As a Capricorn, your job is very clear. You have to stay alive until spring.

## *CELESTIAL BODIES*

You need to be in control of your life, based on the need to survive and not the deliberate manipulation that it is often thought to be by those who look at you from the outside. Your sense of earthy practicality is strong, and you will put your ideals to the test of this practicality, being unwilling to surrender your hard-won independence for anything less than a total reality.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Capricorn is an earth sign, the last of the three, but without the uncertainty that can be a part of the other two. Taurus may not seem to be at all uncertain, but one of the reasons it holds so tightly to what it already has is because there is no surety as to how good the harvest will be. Virgo is in the midst of the harvest, but spends much of its time trying to analyze how much of it can be used and how much must be saved as seed for next year's growth.

Capricorn is a cardinal sign, the last of these. Eastern astrologers recognize Cancer and Capricorn as the two great gates of initiation into life—Cancer, through its immersion in emotional experience, and Capricorn, through its understanding of the self. Action and motion are here, but they take place within the structure of the self and are not easily discernible. You are real doers, though, and usually have the discipline to follow through on everything you initiate. Yours is the most controlled energy of the zodiac and the natural one to follow the generous outpouring of Sagittarius force.

Your search for perfection makes you very conscious of self-improvement. You can be incredibly hard on yourself

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when you perceive even the chance of failure, so give yourself some leeway. Not even you can do things right every time you try. You are staunchly independent and justifiably proud of your ability to stand on your own feet. This independence stems both from your own pride and belief in yourself and a genuine fear of being pressured into action by others. You like to be in control of your own life without any help from outside. If you find yourself in the position of being dependent on others in any way, it can set up all kinds of internal conflicts that you will never resolve unless you take back their power over you. You need to have firm spiritual values to support you in life, for without them you will be hollow, and, if anything happens to crack your firm outer layer, you can fall apart.

Capricorn is known as the sign of old age, one of the reasons that you age so gracefully. Of course, you can thank your good bone structure as well. You are the one sign that usually becomes more healthy as you grow older, passing through the majority of your health problems in early life. If you nurture flexibility of both mind and body, you will enjoy a vigorous life to an advanced age with none of the infirmities that strike so many others.

In the body, Capricorn rules the joints in general, especially the kneecaps. Even as a young person, your knees probably cracked when you jumped up too quickly or put too much pressure on them. It also has the vital job of ruling the processes of the gallbladder as it dispenses bile into the system, working to digest the fats. If they were to go undigested, many potentially serious health problems would arise.

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### YOUR PLANETARY RULER

Saturn, the lord of karma and the administrator of the rules and limits of life, is the ruler of Capricorn. Saturn can be a hard taskmaster, but builds on strong foundations, destroying only those already flawed. Saturn will show you just how far you can go and how much you can do. The only real danger in this is when it creates in you the belief that these limits are limitations, for that is not what they are. Your nature is already inhibited enough without adding any more constrictions to your thinking.

Saturn is often the indicator in a chart of where illness can lie, and its 28-year transit through the chart will pinpoint times when we are most vulnerable to disease. It has dominion over our skeletal structure, including the teeth and the ears. The mid-life crisis that most of us experience at some time between 42 and 49 is also connected to Saturn and its effect in our lives. The aging process with its breakdown and destruction of collagen in the body is another result of Saturn's work.

These things happen to all of us, but you can handle them more easily because you are used to Saturn in your life. It is not truly a harsh taskmaster and will give you firmness and purpose to sustain you. This is the planet that shows you the rules and what they are for and will lead you successfully through them, if you are willing to accept its guidelines and not feel hampered by them. They are not meant to create obstacles for you, but to support you in your strength.

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### *YOUR SIXTH HOUSE OF HEALTH*

The ruler of your sixth house of health is Gemini, a perfect sign to be placed there. The light Gemini touch will illuminate the dark comers of your being and won't permit you to hold on to negativity. It will also encourage you to try a lot of different ideas concerning your health and your attitude toward it, making you generally more flexible about it. You must break out of those one-sided viewpoints that you find so easy to get comfortable with. Gemini's influence can help you understand the paths you choose and will definitely widen your range of ideas. Let it take you through several different philosophies before you commit yourself to one.

You can also use this Gemini energy to break through some of the rigid health regimens you may have laid down for yourself in the past. If you respond to its influence, you will find that the added flexibility it brings to your thinking will lead you to improved mental and physical health. Open yourself up to the world and see if you can alter the stem image that others often have of you. A sense of humor never hurt anyone, you know. It might help you to see your health problems in a new light. Then you will be more confident about dealing with them. Remember, your attitude is the key. If you are able to see yourself getting through difficulties and moving ahead, your will is so strong and clear that it will make it happen.

## *CELESTIAL BODIES*

### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

Many of the health problems that you have are related to the joints, with arthritis being one of the most common. Your joints, especially the knees, can become rigid and calcified, inhibiting free movement. There are many remedies available that ease the pain of arthritis, so even if it cannot be cured, it can be relieved to the point that there is some flexibility and less pain. A primarily vegetarian diet can do a lot to prevent affliction later in life and will certainly help matters if you are already suffering from it. Supplements such as alfalfa tablets, calcium, vitamins A and C. and brewer's yeast, if you can take it. are very helpful. There is also a homeopathic remedy derived from oil of primrose that has just recently been found to be useful in arthritic complaints.

If you lessen your consumption of meat, it will prevent the buildup of uric acid in your system, which can result in gout. Potassium, alfalfa tablets, pantothenic acid. and vitamins C and E are also used in the treatment of gout. Be sure and have your doctor's approval before using large doses of vitamin E.

The other major source of disease is your gallbladder. A dysfunctional gallbladder can cause all sorts of problems, none of them very pleasant. You can suffer from heartburn, pains beneath the shoulder blades, and pains in the chest around the heart that can be misdiagnosed as heart-related. There can be attacks of diarrhea or constipation, colitis, severe stomach cramping, and diverticulitis. You can have trouble breathing deeply or catching your breath and find that the trouble is not in your lungs, but is coming from a sluggish gallbladder. Gallstones can be very painful and often require surgery. It would be easier to step up your consumption of lecithin. Try to avoid an operation if you can. Choline aids the production of bile.

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Vitamins A and D also assist the healthy functioning of the gallbladder.

Folic acid and acidophilus milk, available in health food stores, as well as an increase of fiber in your diet, will aid in the treatment of diverticulitis.

You tend to dislocate your bones more easily than other signs and often have a problem with your bones becoming brittle as the calcium is leached from them over the years. This problem, which can lead to osteoporosis, is becoming more publicized now, and there are a wide variety of over-the-counter calcium supplements now available. Dolomite is still one of the best. You are much better off taking a supplement than ingesting more dairy products. Your gallbladder does not need to deal with the extra animal fat.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

It should be easy for you to observe good dietary habits due to your natural awareness of your body. Since you respond so well to rules, you may want to put a clearly outlined food plan right on your refrigerator door. It will then be unlikely that your refrigerator will contain anything that is not on that list. After all, if you are going to make good healthy meals for yourself, you may as well follow them and see if they are going to work for you.

Green leafy vegetables should become a priority item in your diet as they promote elasticity within the body. Celery, either raw or cooked, is one of the best you can consume. Barley, parsnips, and spinach are also good for your system,



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and if you wish to avoid diverticulitis, cooked whole grains, plenty of raw fruits, seeds, nuts, and rice will all be healthy additions to your diet.

You can fall into a pattern of eating very bland foods and should allow yourself some spices since they won't upset your system and will make some foods more tempting. All varieties of melons add to the fluid balance, and you should eat plenty of fish, especially saltwater fish. Cabbages of all kinds, particularly kale, escarole, brussels sprouts, and swiss chard, should be eaten regularly. Less meat and more raw fruit will help you more than you can imagine.

External poultices of pennyroyal can help relieve the pain in your joints. Rose hips, taken as tea, can work directly on the cartilage to retain its flexibility and may help stop the calcification of your joints. Fennel seed, steeped in tea and taken internally, can ease health problems and have a soothing effect on internal stress as well. Always keep plenty of liquid flowing through your system, the best of which is pure spring water. Horsetail leaves, boiled into tea, contribute to the strength of the bones and teeth.

Exercise is definitely recommended as an aid to keeping your body flexible. Slow stretches are much better than the hard calisthenics you often choose, thinking that they require more discipline. You can get your hard workout in aerobic exercises, and they will help to keep your joints loosened so that you can move freely. You might enjoy a fencing class, since fencing requires a flexible and fast-moving body and is also a disciplined and competitive challenge that will bring out the best in you.

You should also include tension-relieving exercises in your daily routine. Those that work on the shoulder blades and generally relax the back are best. If you are in a class, don't push yourself to do more exercises than anyone else and don't expect to do them perfectly the first time. Do what feels comfortable to you and don't think that pain is necessarily an

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indication of good results. It is probably your body asking you to ease off for a while and relax. That will do you a world of good.

### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

When it comes to taking care of your health, you usually consult a doctor at the first sign of an illness, for you don't want to take any chances. Even though you are very independent and like to take care of yourself as best you can, you do respect the opinion of a competent professional and will listen to advice and follow it. You like a doctor who is authoritative and well-informed and who will speak clearly and honestly to you about your state of health, even if the news is not positive. You would rather know the prognosis right away than play guessing games. With your tendency to pessimism, you probably suspect the worst anyway.

False promises of help that might be available would anger you enough to make you quit the doctor on the spot, as would any sign of inadequacy. If you must reveal a weakness in yourself, you certainly don't want it to be in vain. You would do well to seek out a chiropractor with whom you felt comfortable, for many of your incipient health problems can be connected or avoided with treatment from a responsible chiropractic or osteopathic physician. Massage therapy is another method of treatment to which you will be exceptionally responsive. The good thing about you is that once you have found a health discipline that works for you, you will stick with it, since nothing pleases you more than genuine results.

## CELESTIAL BODIES

### THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES

Your opposite sign is Cancer with all of its emotional overtones, encouraging you to experience and work through the emotional side of yourself and not run away from it. Your sense of control makes you feel that your Cancer friends give in too easily to the rush of emotions and need more self-control, but a denial of feeling is not control either. It can create a sense of separation from yourself that is dangerous if it continues. It won't hurt you to get an emotional rush once in a while to see what it feels like. If not, you run the risk of someday getting into an overcharged emotional situation that you can't handle. Then, the top of the kettle can blow off because you never learned how to let off the steam in a gradual and gentle manner.

Capricorn needs this watery emotional influence to be complete. The ancient symbol of Capricorn was the crocodile that can live on either land or water, and even the goat that is representative of Capricorn today has a fish's tail. You are a child of the mountain heights, but you need to know how to swim if the occasion arises, or you will be in danger of being swept away by the tides.

You have the capacity to be one of the most balanced and healthiest signs as long as you allow all parts of yourself to manifest and flourish. Being physically healthy at the price of a rigid mental and emotional discipline is not the answer. Seek an emotional and spiritual balance as devotedly as you seek vitality and a youthful appearance. Use those powers of organization and manipulation to find your way to the magical Capricorn unicorn that is peeking out through the horns of the goat. Then, you will truly have the best of all possible worlds.

## *Chapter XI*

# **AQUARIUS**

AQUARIUS IS THE LAST OF THE ENERGIES THAT RUSH OUT INTO the world in the great circle of the zodiac. This sign is often a favorite among astrologers, perhaps because it mixes astrology and all things that are involved with new and revolutionary ideas. After the restrictive feeling that surrounds Capricorn, this is a breaking through of ideas and emotions into the world. In Aquarius all of the knowledge that has been accumulated in the first ten signs is ready to be shared with anyone who is willing to listen. Sometimes the world is ready, and information is transmitted smoothly and easily absorbed; sometimes more violent tactics have to be used to get the message across.

Aquarius begins at the end of January as the land begins to thaw. Winter is not yet finished with us, but there is a trace of warmth in the air in these last days of January, hinting at a promise of spring that is on its way. The land begins to

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soften, and life peeks out from beneath its insulating layers of snow. It stretches and turns over in its sleep, even if it is not yet ready to come to full wakefulness. Even the groundhog has his day of glory when he pokes his nose into the world to see if it is time for him to end his winter nap. The surface of the world is crinkling and shifting, but is still unwilling to let the warmth come into its core.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Aquarius is an air sign, although its symbol is a water carrier, leading many people to believe that it is a water sign. The water that the water bearer carries is the water of knowledge to be poured out freely for those who thirst. Knowledge is very important to you. Your desire for it goes far beyond the easily satisfied curiosity of Gemini or the often superficial knowledge of Libras who are more interested in giving the appearance of knowing something than of actually knowing it. You, on the other hand, are intensely curious about all phases of life and would make an excellent researcher or scientist. Humanitarian achievement is an important goal in your life, and you outnumber all of the other signs in the service professions such as teaching and counseling.

Aquarius is also a fixed sign, the last of the quartet that includes Taurus, Leo, and Scorpio. Due to the airy quality of your sign, you are able to convince people that you are more flexible than you actually are. You don't employ the mulish tactics of Taurus or the proud resistance that a Leo can give to even the mildest suggestion. Even the wily stubbornness of Scorpio that does not reveal itself until it has to can be outdone

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by your ability to mask your internal fixity with charming conversation and a seemingly casual attitude. You have such plausible and intelligent answers to back up your theories and seem to be so interested in progress that others assume you are poised on the wheel of change, just waiting for it to spin you off in one direction or another. This is rarely the case. More often, you end up changing the mind of the person who was trying to influence you in a typical Aquarius turnabout.

Since you have such an outward flow of energy, your connections to the public are strong. You need people even more than Libras do, but you like groups of people. One-to-one relationships make you quite uncomfortable after a while so you seek ways to back away or to avoid letting anyone get too close to you in the first place. Yet you must never isolate yourself since much of your personal growth depends on the interchange of ideas and energy that you have with others. If you have a variety of relationships of different degrees of intensity, it will help you with that exchange of force that you need, and you won't feel that one particular person has too much control over you and your ideas. Like the earth in winter, you don't want to let anyone or anything get too far under your skin.

You have a boundless energy, much of which is stimulated by a fast-moving nervous system. You need plenty of outlets for that energy or you will spin your wheels in frustration for much of your life. Your moodiness and eccentricities are legendary, but they are part of your uniqueness. If there is one thing that you are, it is an individual in every sense of the word. Indeed, the Age of Aquarius that is mentioned so often is the Age of the Individual full of power yet with something significant to contribute to the group effort of humanity. Don't be afraid to give of yourself. It's the only way to keep the energy flowing through you in a steady stream, and that is something you must do. If that energy is inhibited, it can have serious mental and physical repercussions in your life.

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Aquarius rules the ankles and the lower part of the leg and its musculature. It controls parts of the nervous system, especially those that are connected to the extremities of the body. It has a lot of influence over the circulation and oxygenation of the blood. The spinal cord with its connection to everything that is happening in the body is an Aquarian domain. The sign also regulates the rods and cones of the eyes.

### *YOUR PLANETARY RULER*

Uranus, the planet of last-minute changes that can upset the most carefully laid plans in the twinkling of an eye, is the ruler of Aquarius. It is a force that can come flying into your life, knock everything topsy-turvy, and go flying out again with never a by-your-leave. It rules things such as electricity and earthquakes as well as inventions and revolution. If you are the rare Aquarius with a dull life, it must be because you have locked yourself away in a closet somewhere. You seem to thrive on the erratic and dynamic energy provided by Uranus and would probably find a smooth and peaceful life dull and boring.

Uranus brings a high-tension energy into your life that is almost too dramatic at times, but it is a force that allows you to function at your best in a crisis. Obstacles that would stop another person cold are just routine challenges for you. You almost always have the power to turn a potential disaster around so that it helps you instead of hindering you, and that is something that you can thank Uranus for. It also moves things quickly toward their end, releasing them and you to go on to the next step. Its work in the nervous system is that of the impulses that leap from one synapse to another, much like

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the work it does for you on a mental level. No one can grasp a complicated situation as easily as you can or see the solution to such a situation as clearly. Although Uranus may give you a merry chase through life, it is a merry one, not a doleful one.

### *YOUR SIXTH HOUSE OF HEALTH*

Cancer mles your house of health. Its desire for emotional closeness to others can make you so nervous. This influence can help you to be more comfortable with that kind of closeness and want to be close even as the rest of you is pulling away. In terms of your health, it encourages you to be closer to people so that you have a consistent outlet for your emotional energy. Otherwise, it will build up, only releasing itself at times of high stress, pushing you into possibly making a scene that you would find both distasteful and uncomfortable.

Through an understanding of the emotional tides of the Cancer nature, you can learn to blend in your own emotions with the rest of your being. Learn to love yourself with all of your originality, even if some people find you a bit hard to understand. Don't struggle to conform with someone else's idea of who you ought to be or what you ought to be doing with your life. You are the person who has to deal with yourself first and foremost. If you want to deal with your health in the best possible way, do it with love and a sense of nurturing of yourself. Emotional self-understanding is Cancer's finest gift to you, so accept it and make it a part of your spirit.



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### COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES

Common health problems that bother you are related to circulatory ailments and the blood disorders that can arise from too little oxygen in the blood. You can suffer from lower leg cramps, for the leg is one of the places where tension seems to lodge in your system. You may also have varicose veins that might become enough of a problem to warrant surgery at some point in your life. The leg cramps can be eased by taking supplements of calcium, niacinamide, magnesium, vitamins B<sub>6</sub> and D, and the cell salt Magnesia Phosphorica. A tendency to some swelling in the ankles can be relieved with the addition of B<sub>6</sub> and potassium to your diet.

Nervous stress and tension are a source of illness for you, and you can have sudden attacks that appear out of the blue. The influence of Uranus can also cause spasms in different parts of the body as a result of that tension. Try to be aware of the stress levels you are living under and alleviate them whenever possible. A homeopathic remedy called Calms Forte is one that would be a natural for you, as would the Rescue Remedy that is put out with the Bach Flower Remedies. They both can ease the strain in a natural manner that will not make you feel drugged or out of touch with yourself. Vitamin C and pantothenic acid also assist in relieving stress.

Many ailments that have to do with the spine and the coordinating activities of the body, such as multiple sclerosis, lateral sclerosis, and myelitis, can develop in your system. You must keep a close eye on any weakness in the nerves or muscles that might develop, no matter how slight or unimportant the problem may seem at the time. You could prevent a potentially debilitating illness from getting any worse. There are many excellent homeopathic remedies available for all of these diseases, and you would profit by consulting a homeo-

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pathic physician and investigating the various ways they have of dealing with them. Generally, orotic acid (which can be found in whey tablets), manganese, and Vitamin B<sub>1</sub> are helpful.

You tend to suffer some weakness in the eyes. It can usually be conected by the proper glasses, but there are some things that you can do to make your eyes stronger and perhaps prevent a slight weakness from leading to glaucoma or cataracts later in life. Vitamins A and C, manganese, choline, and the cell salt Natrium Muraticum are used in the prevention and treatment of glaucoma, as well as vitamin C, selenium, zinc, and the cell salts, Calcarea Fluorica and Silicea (silica). Calcarea Fluorica is also an aid in clearing bluned vision.

### *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

You tend to be very casual about your dietary habits, for food is rarely of paramount importance in your life. You are oriented to life on a mental level and usually perceive food simply as the fuel for the body that it is. You often have to remind yourself to sit down and eat, since there are so many more interesting things to do—especially if you have to cook for yourself. That can really remove whatever appeal food might have had for you at the moment. You also tend to eat on the **run**, which keeps the food from settling properly into your system. As a result, you can suffer attacks of indigestion that can bring you to the point of vomiting. It's easy for you to end up with a general overacidity of the system through the combination of bodily tension and haphazard eating habits.

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All foods that have calming properties are recommended, as opposed to those that will stir you up too much. Keep sugar intake down. You don't need the hyperenergy that sugar can give since you already have enough energy of your own. You will be healthier if you eat less red meat, even though you may love it. Develop a taste for chicken dishes and a variety of fish. With your natural curiosity and desire to try everything at least once, you have probably found a number of dishes that are appealing and healthy.

Fruits, especially grapes and pomegranates, work to cleanse the lungs and provide an alkaline balance within your system. You should include blueberries, bananas, and grapefruit on your list of good things to eat often. Different varieties of mint, combined into teas, will calm the nervous system as do such infusions as valerian and comfrey. Valerian is especially proficient at helping you sleep when you are in a high-energy cycle that won't permit you to let go of the brass ring. You must be cautious when you take Valerian, since it will make you very drowsy. Don't take it before driving since you may fall asleep in the car. It's best taken when you are already home and in bed, so you can just peacefully drift off.

Endive, watercress, and all forms of melons, especially the pale green ones such as casaba or honeydew, will keep you from getting out of balance. All parts of the dandelion add nutritional salts to the body, aiding in the circulation of the blood and working to prevent anemia, which can be a problem at intermittent times in your life. Mushrooms, broccoli, onions, and tomatoes are sources of selenium as are most seafoods, especially tuna. Turkey and veal should be high on your list of meats to be enjoyed.

Given the fixity of your nature, it is essential that you get plenty of exercise. It can also provide an outlet for your high-flying energies that could otherwise turn into nervousness. You enjoy group sports like volleyball and would be a natural in gymnastics. Try the trampoline where you literally fly through

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the air for a few tingling seconds. Hang gliding will be appealing, but remember that you really have to be in top shape to do it, or you are asking for injuries.

Jumping types of exercises are good as long as you don't put undue pressure on your ankles. There are a lot of easy exercises to strengthen the ankles and you should add a couple of them to your daily routine. You would also profit from the practice of deep breathing on a regular basis. Not only will it help to calm you down when you are filled with tension, but it will assist in eliminating carbon dioxide from your lungs. The lungs have much to contend with in our polluted world.

### *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

Since you are an independent and inventive person with a strong sense of adventure, you are liable to have been among the first to experiment with alternative methods of healing. If there is a new way to do anything, you are willing to give it a try. When you do consult a physician, you want one with a detached and clinical approach. You want a doctor, not a friend, since you probably already have plenty of those. You don't fear surgery and may agree to it too quickly in an effort to get it all over with. You should always get a second opinion.

Because you can be such a faddist, don't get involved with bizane health treatments. Bathing in mare's milk may be wonderful for the skin, but it is rather expensive and you tend to stick to your clothes afterward. Dietary crazes seem always to appeal to you. However, if you should decide to live exclusively on mangoes and pomegranate seeds, consult your doc-

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tor first. You can damage your health in your eagerness to be in the vanguard of progress, especially if you pursue remedies that have not really been tried and tested. You would do well with a homeopathic or orthomolecular physician since you would readily understand the prescribed treatments and identify with the doctors as well.

### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Leo is your opposite sign and can teach you the important lesson of self-involvement. You turn your energies outward so much, putting others ahead of yourself in your attempt to become a vital part of humanity. You need to spend time getting to know yourself and being involved with yourself in a positive way. The strong ego force that is part of Leo can show you how to strengthen your own. You are doing yourself a disservice if you give all of your energy to the problems of others in order to avoid dealing with your own problems. You must heal yourself before you can heal others. In doing the best for yourself, you become far better equipped to do the work that you have set for yourself to do.

Leo can also teach you to enjoy the sense of drama with which your life is often endowed. It is the force of the heart and can help you to let your feelings be touched without being afraid. The grand designs of Leo can be incorporated into your more intellectual plans in a true blending of opposites that will enhance your life.

You will be exposed to great adventures in your life, partially because you have the capacity to turn a simple event into an adventure through your own vision of the big picture

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of existence. Your perceptions of the character of others are usually exceptionally keen, so allow that to work for you. In spite of your renowned rebelliousness against rules and a tendency to flout the criticisms of others, you seek the approval of your peers, even though you sometimes go about it in a most roundabout fashion. You contribute to growth and progress. Some of the greatest progressive thinkers and inventors in the world have been born into your sign. They have brought gifts to this world that have altered and improved the lives of millions. Yours is the sign of the future, so leap into it with a mind, body, and spirit that are united in good health and ready to work for everyone's good.

## *Chapter XII*

# ***PISCES***

AND so WE COME TO PISCES TO SEE THE FINAL RESULTS OF the cycle that began with such anticipation in Aries. In Pisces, the last sign of the zodiac, the soul takes a final deep breath into itself, preparing to enter on the next round of life. We can almost hear the deep sigh of the earth as it starts to shrug off the ice and snow, joyfully awaiting the uncovering of the soil. There is still cold weather to come, and snow may still cover the ground, but the snowdrops are thrusting their leaves and buds out into the air. Spring is truly just around the corner.

Life has now run its course through all its stages of unfolding. Old skins are shed, and the time for rebirth is at hand. There is just this one set of energies to pass through, this one testing ground to go across. The tests of Pisces are more difficult than they may appear since there are endless choices

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available here. Your will is constantly pulling you in different directions as you look forward in anticipation to the future while still gazing backward in remembrance of that which is not yet abandoned. The wheel is chinking through its final set of gears, pausing for a moment to rest and consolidate the work that has been done. Fulfillment is at hand, and the next spiral of life awaits. The sorrow at leaving the past behind is quickly replaced as the joy of the future and its new promises begin to quicken the spirit and fill your heart.

### *GENERAL CHARACTERISTICS OF THE SIGN, AND THE PARTS OF THE BODY THAT IT RULES*

Pisces is the last of the water signs, and the tides of emotion are in a constant state of flux. This is the sign of the ocean, which can hurl itself fiercely on distant shores or caress them with soft ripples, depending on its mood. Yours is definitely a sign of moods, sometimes alternating them a dozen times in the course of a day. Like a small boat on the ocean, you have to learn to float with skill and grace across the sea or be tossed around when it is stormy. With a little control, you can be the most creative of all the signs since you are so in touch with your feelings. The best way to deal with your emotional flow is to assert your power through creative activity. Pisces is the sign where music, film, and dance are born through the sensitivity that you can express, so reach for the beauty that flows through your passion.

Yours is a mutable sign, represented by fish swimming in two different directions. Although the darting force of Gemini can seem to have the same kind of rhythm, the motive forces for that motion are very different from yours. Gemini seeks to



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discover new meanings to experience. In Virgo, the discoveries that have been made are sorted out; in Sagittarius, they get moved around to see what new combinations can be made. Your job is to put them in the correct order so one puzzle can be finished and put away, and a new one begun. Your world may seem illusory to others, but it is not a world of illusion to you, rather a world of imagination that will enhance your perspectives.

Pisces is the sign of escapism, and it is up to you as to how you choose to use this force. It is no secret that Pisces has a weakness for alcohol and drugs as methods of escaping reality. This same force also produces great psychics and healers and intensely creative people in every field of endeavor. In Pisces, like the ocean that it rules, sound and vision are often muted or distorted by your own motion. Yet, as in the ocean with its low-velocity channel that can transmit sound from Australia to Bermuda, some things come in very clearly if you are tuned in to them. Be willing to put your energy out into the world. However, you are so sensitive to the slightest hint of rejection that you may turn those energies inward, creating your own world and rejecting the world that you may feel has rejected you. It's fine to turn your force inward to gain understanding of yourself, but you must then bring that information out where it can be useful to you.

Pisces rules the feet, those essential body parts that hold up the rest of us and grant us the power of motion. It also rules the complete lymph system, the primary guardian of the body's immune system. These two rulerships alone are enough to make Pisces one of the most important signs of health, especially with the threats of viruses and bacteria that are everywhere. If the immune system breaks down, we have no defense against disease, which is what happens in AIDS, an affliction that is fast becoming a source of panic. If we can work to strengthen the immune system that protects us so vigilantly, we may be on the way to defeating this dreaded illness.

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### *YOUR SIXTH HOUSE OF HEALTH*

Leo rules your sixth house of health. It is a sign that can really bolster your elusive energies with its vitality and sharp focus. Its force will help you to find a plan for better health that will kindle your own fires of enthusiasm and help you to stick to your choices instead of being swayed by every fad diet or cure. It will also help you to get past those first few days when you are not seeing the miraculous results that you had fantasized about so happily. The Leo force can lead you to the reality of the work to be done to improve your state of personal well-being.

Leo is also a sign with plenty of ego, something that is often lacking in your nature. What ego you do have is clouded by the fantasy image you have of yourself, which may or may not have anything to do with your real self. Use your assertive Leo force to push yourself out into the midst of life and reveal who you really are. You may be pleasantly surprised at how quickly others respond to you in a positive way. A little of that Leo sense of drama can add zest to your personality and bring your creative imagination to new realms of expression. Renewed confidence in yourself will allow you to set yourself definitive goals with the surety that you will reach them. Be daring in working with your health and don't refuse to try something that could be helpful because you are afraid that somehow it won't work for you. If you put your intuitive self to work, you will find the path that is just perfect for all of your needs.

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### *COMMON COMPLAINTS AND DISEASES, AND SUGGESTED NATURAL REMEDIES*

The health problems that can assail you are subject to all kinds of complications. In the first place, your illnesses are often hard to diagnose. When they are diagnosed properly, there are often conflicting opinions as to how to treat them. Swelling in the lymph glands in areas such as the armpits, neck, or groin can occur without any visible reason or accompanying symptoms. There are often numerous childhood ailments and a general susceptibility to colds or influenza all through your life. Your tendency to overproduce mucus, thus clogging up vital organs and slowing down their natural functions, must often be fought to maintain balance. Be sparing of dairy products since, delicious as they may be, they will increase your mucus level and you don't need that.

The primary Pisces problem is, of course, your feet. Whether it is ingrown toenails or bunions or plantar warts, you always seem to have something wrong with your feet. One reason for this is that your feet are rarely as well cared for as they should be. Be kinder to them. After all, when your feet hurt, the rest of you is uncomfortable as well. To relieve a burning sensation in your feet, take thiamine and pantothenic acid. Wheat germ oil capsules will remove corns with ease. Extra calcium and vitamin D relieve cramping in the toes. Itchy feet love a nice cool soaking in water that has baking soda added to it. Adding pantothenic acid and the cell salt *Natrum Phosphoricum* to your diet will help them from the inside. Swelling of the feet may stem from a hypothyroid condition and require extra iodine. If you have a persistent problem with this, you would do well to have your thyroid function tested.

When it comes to problems that are connected to the lymph glands, they can usually be dealt with to some degree, but not

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as easily as your foot problems. You will benefit from full body massages from a licensed massotherapist who is aware of all the places to concentrate on. There are so many excellent remedies available from homeopathic physicians that you would do well to find one to consult. Sometimes lumps will appear because of a poor diet and can be corrected through a change in your eating habits. It is so important to keep your lymph glands healthy for they are your physical defenders, working on the inside to keep you healthy. Without them, the body is vulnerable to almost anything you can think of and many things that you can't.

Your mental health is often more endangered than your physical health. They are so closely linked that any mental and emotional difficulties you may be having can cause more real physical symptoms than under any other sign. You are a product of your inner being, for better or for worse, so start your discipline with your emotions and work your way through to the rest of your being. You will not achieve the best of health if you try to work from the outside in.

## *FOODS, HERBS, AND DAILY ROUTINES TO MAINTAIN YOUR BODY'S BALANCE AND AID ITS HEALING POWERS*

When it comes to foods, raisins and dates are highly beneficial as are raspberries, apricots, and pineapples. Cereal or whole grains in some form should be eaten every day. Musk-melons and cantaloupes aid in balancing your system. You need plenty of liquid, but should confine it to unsweetened vegetable and fruit juices and water. I cannot stress enough how dangerous alcohol is to you, even in small amounts. It

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poisons your body and is such a temptation to you with its promises of escape from reality. Hallucinogenic drugs are an added danger you don't need at all. Your vivid imagination can take you to all of the same places with no damage to your system and, most important of all, can bring you back safely.

Dairy foods are to be eaten sparingly. If you need extra calcium, take it in the form of supplements such as calcium carbonate or lactate, or other calcium sources such as shrimp, oysters, or lobster. The seafood will add needed protein to your system as well. You should use sea salt rather than regular salt, as it is more beneficial. Vegetables such as watercress, cauliflower, endive, broccoli, spinach, turnips, carrots, parsnips, lettuce, green beans, and beet greens are all rich in calcium. Beans, such as pinto and kidney, are wonderful sources of thiamine, as are supplements like rice bran and kelp. Dark flours, lentils, soybeans, mushrooms, avocados, and watermelon are sources of pantothenic acid, as are the heart and liver of both cow and chicken. Your system will flourish with the correct diet, and if you limit your intake of sugar, it will improve even more. Sugar can wreak havoc with your already delicate emotional balance.

Exercises that involve the whole body, such as swimming, are the best for you as they stimulate and enhance your entire physical consciousness. You may feel most comfortable stretched out on a soft couch, but you need hard calisthenics that force the sweat glands to open and function. This is a healthy way to release fluids from the body since, like all water signs, you tend to retain water in your system.

Walking at a brisk pace is better for you than running because of the vulnerability of your feet. They can be strengthened by exercises such as turning them in circles from the ankle while seated comfortably reading a good romance novel. Yoga poses such as the salute to the sun, which stretches every part of the body in sequence, would be a wonderful one for

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you to learn and work yourself up to. It will eventually increase your awareness of the body and how it works.

## *DOCTORS AND MEDICAL PRACTICES THAT WORK BEST FOR YOU*

You don't mind going to doctors, although they can get very frustrated with you if they are not able to correctly identify your problems right away. You might be very happy with a massotherapist who would work on your feet. There is a whole field of knowledge called reflexology that is based on the theory that there are specific zones of the foot that relate to the whole body. Through careful massage of certain portions of the foot, the corresponding area of the body can be relieved.

You would definitely benefit from the services of a homeopathic physician who will take a holistic approach to your health problems. Your three selves are so tightly intertwined that it is hard to figure out what might be strictly physical in origin and what needs to be treated from a mental or emotional level as well. With a naturopathic physician who is sensitive to all of your being, you will come closer to achieving total health than if you rely on more conservative medical practices.

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### *THE ROLE OF YOUR OPPOSITE SIGN—A SYSTEM OF CHECKS AND BALANCES*

Your opposite sign is Virgo with its firm hold on the earth and its natural sense of order and discrimination. In this case, it is easy to see what you can learn from your opposite, since Virgo clarifies things with such accuracy and detail. Learn to incorporate some of that sense of order into your life, for the combination of the Pisces and Virgo energies can be rather amazing. Think of a blend of your infinitely creative mind and the keen sense of direction that is part of the Virgo experience. This kind of teamwork could be unbeatable. You may feel that too many miles could inhibit the creative process, but that is not the case. They will enhance it and allow you to bring it to a more productive level. All the creativity in the world is worth nothing if you cannot bring it forth and make it available.

In Pisces, the story unfolds and we can see that the promises that were made in the beginning of the cycle have been kept. Maturity has been reached, even though it is not always welcome. This is one of the reasons that the desire for escape is so high, but the positive use of this tendency can be fruitful. You have the awareness that comes with growth, whether you want to apply it or not. It is through conscious thought and release of energy that the cycle is permitted to start again, so don't keep trying to avoid it. Take this awareness into yourself and use it to find your balance. Then you can bring out the best of yourself, not only for your own sake, but also for the sake of the creative gifts that you have to give. Yours is a sign that can show all of us our most precious dreams and point the way to reaching those dreams. It would be a sad world indeed if there were no dreamers, so don't deny us.

## *Chapter XIII*

# ***THE MARS INFLUENCE***

ALTHOUGH ALL OF THE PLANETS HAVE SOME EFFECT ON OUR health, Mars is the one that has the most influence on the physical body. It moves the muscles that allow us to move. Mercury moves the mind and the nerves, but what good are ideas if there is no force to put them into action. Without direction and outlets, these ideas will just spin around inside us and become nervous energy that can become impossible to control.

Venus represents the desire within us to act, but again, without a way to act, desire will become a passion or an obsession that works in a negative rather than a positive fashion. Once again, we get back to the importance of Mars with its ability to make things happen. The action of Mars will take desire and transmute it into reality.



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Mars rules the vital faculties of the body and provides your personal level of energy. The sun sign shows the quality of physical energy, but it is Mars that shows us how much energy there is and how easily available it is to us. The best way to keep your physical self in top form is to balance just the right amount of exercise with good dietary habits to maintain your healthiest energy levels.

### MARS THROUGH THE SIGNS

The placement of Mars in your chart at birth reveals how to deal with your personal energy patterns in order to get the most out of them. You can also determine the effect that Mars has on your sun sign by its relationship to it. Sometimes Mars is in an energetic and productive sign, but in direct conflict to your birth sign, creating complex problems. Still, once you know what the problem is, it's much easier to find a solution than if you are just stumbling around in the dark, trying to figure out what is the matter. Mars will definitely show you the way to direct action in your life.

The Mars tables in Appendix 1 give you a complete listing of Mars through the signs for the 20th century. For those readers who were born in the 19th century, your energies are obviously very much in tune already, if you are still with us.

In general, Mars in one of the fire signs—Aries, Leo, or Sagittarius—can produce a talented athlete or a person with unusual reserves of physical energy. Mars in one of the air signs—Gemini, Libra, or Aquarius—increases mental energy, making you a person who easily grasps ideas and makes them your own. Mars in a water sign—Cancer, Scorpio, or Pisces—can have an excessive emotional energy that can knock you

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off balance and take control of the more reasonable side of your nature. Mars in an earth sign—Taurus, Virgo, or Capricorn—brings a steady and persistent energy to bear on anything it goes after.

In taking Mars through the individual signs, you may see some things come to light that did not show up in the chapter on your sun sign simply because they will only be seen in the Mars action in your chart. I will cover the various ways to work with the Mars influence so it can blend in with the way in which you bring out the best in your sun sign.

Mars in Aries is, of course, very much at home for it is the sign over which it has mlership. Mars in Aries produces an impulsive and free-flowing energy, but when that energy is inhibited in any way, it can produce serious pockets of congestion, especially in the area of the head and brain. The tendency to headaches is pronounced, and they are often the result of anger and frustration. It is also very possible that you will find it necessary to have some kind of head or facial surgery, even if it is just cosmetic surgery.

Mars in Taurus is a much more solid expression of energy and can create a very stubborn personality. Try to be flexible in your plans of action, always having alternatives to your original ideas. The physical action of Mars in Taurus can be sluggish and hard to get into motion, but once it is under way, it will keep forging ahead. Throat problems arise from this placement, especially the formation of polyps or nodules on the vocal cords if there are difficult aspects to Mars. Keep a close check on throat problems, even as a Taurus native has to, to prevent them from becoming a problem that could spread elsewhere in the body.

Mars in Gemini is a more erratic kind of energy, and you can find that you have spurts of energy that generate intense activity. Then you will have a few days when you really don't feel like doing anything at all. You need to work to even out your energy so that you can depend on it every day instead of

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being at its mercy. With Mars in Gemini, you can be subject to ailments that attack the nervous system, so if you find yourself in an unusually stressful situation, take steps to clear it up right away. With extra stress on the lungs, a cold can easily become pneumonia. You also tend to sprain or break your fingers rather easily and have probably lost a few fingernails in your life. Take extra care of your hands.

Cancer is not a sign in which Mars is very comfortable. It is in its fall in Cancer and therefore considerably weakened. This placement can produce a sensitive stomach that is liable to rebel at odd moments, especially if you are emotionally upset. A bad argument that sends you to the bathroom with an attack of vomiting is a typical Mars-in-Cancer happening. You have to find a positive emotional outlet for this energy so that it doesn't cause such a bad reaction in your body. Maybe you need to lose your temper once in a while and say what is on your mind instead of swallowing your temper and then having it come out violently in an upset stomach.

Mars in Leo is a positive place for Mars to be. Leo is another fire sign, and since its action is steadier than that of Aries, its energy levels are also steadier. Once the opportunity to express your energy is found, you can move with steady progress toward your goals. With Leo ruling the heart, naturally this placement has a strong effect on the action of the heart. If it is positive, this can be a strengthening force, giving vitality to the heart. If negative, it can be a source of additional stress that brings on palpitations, angina, and cardiac stress. High blood pressure can also result, and there is a tendency to be vulnerable to rheumatic and scarlet fevers.

Mars in Virgo has some trouble functioning at its best for there is a limiting and controlling force inherent in the sign that does not blend smoothly with the free flow of Martian energy. You need to be conscious of the rhythm of your physical energy and allow it to move as freely as you can when you feel it surging within you. Ailments that can be a result

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of Mars in Virgo are inflammation of the liver, pancreatitis, dysentery, intestinal difficulties, and hyperinsulinism. You would be wise to avoid alcohol with this placement, since its consumption, especially in excess, would bring on some of these problems.

Mars in Libra is in its opposite sign, weakening and dissipating the energy flow. You need to keep a firm grip on your energy for sometimes you must force yourself into action that is not begun easily. With Libra ruling the kidneys, this Mars force can bring accidents to them which can be the root of a problem that may not develop until much later in life. Kidney inflammations often flare up with this placement, so be good to your kidneys. Always drink plenty of water to keep them flushed and working at their best. If they aren't healthy, the rest of your body will quickly feel the effects and then it will be hard for you to muster up any physical energy at all.

Mars in Scorpio is a powerful placement since for a long time Mars was considered to be the ruler of Scorpio. Even with the assignment of Pluto as ruler of Scorpio, there are still strong links to Mars to be found here. You have a high level of sexual energy, so be careful that this is not the main expression of your physical self. It is certainly always a temptation. Women with Mars in Scorpio are often subject to a wide variety of problems that are associated with the reproductive system. Men with Mars in Scorpio can suffer from both inflammation and hypertrophy of the prostate gland. Both sexes with this placement are as vulnerable to venereal disease as Scorpio natives are, so do yourself a favor and go to the doctor at the first sign of genital problems.

Mars in Sagittarius is happily placed in another fire sign where it feels freedom of action, sometimes almost too much. Your energies can run away from you unless you have a good balance with your powers of reason. Always have a direction for your energies since when they get in full flow, it's easy to go to extremes and find yourself thoroughly exhausted with

## CELESTIAL BODIES

no reserves to draw on. This configuration can produce injury from excessive physical exercise, especially in the hips and thighs. You can also suffer from sciatic inflammation and may have pelvic problems at some point in your life.

Mars in Capricorn is a strong placement as it is in its exaltation here, almost as strong as in its own sign. Although the force of Capricorn can be limiting in its rigid control, it is the kind of control that Mars responds to, and it will work hard for you. When you have something that requires action, Mars comes through and gives you the energy that you need to finish it. You need to be careful with your knees since you will have at least one injury to them in your life and may require stitches. You can bruise your knee and not realize it right away, so if you do have a bad fall that involves your knees, have them examined thoroughly and don't just assume that they will get better on their own. Inflammation of the gallbladder is also triggered by this force.

Mars in Aquarius is a fast-moving force that galvanizes the brain into action, sometimes almost too quickly, so that the rest of you has to move in double-time to keep up with your quicksilver mind. This is an energy that moves out into action and needs emotional stability to balance it. The physical problems that can arise here are often related to the blood. There can also be fevers that come and go quickly, sometimes in the course of a few hours. Blood poisoning, especially in the legs, can often trace its origin to Mars in Aquarius. You can have weak ankles or injure them early in life, creating a weakness that can bother you all through your life. Don't bite off more than you can chew, especially when it comes to lifting things. Your high energy convinces you that you can do anything, but then you will wonder why your lower back hurts. Control this powerful energy and let it push you to accomplishment.

Mars in Pisces is a difficult placement for a number of reasons. It is the sign before Aries in the continuing cycle of the zodiac, so the energies are at an ebb. Pisces rules the feet, so

## THE MARS INFLUENCE

Mars placed here can bring injuries to the feet. I have this placement myself, and the only bones I have ever broken are those of my little toes. You can also suffer from excessive sweating of the feet. Mars in Pisces is related to hyperinsulinism and other sugar-related disorders. It encourages the abuse of alcohol that can cause so many other problems. The energy level can be low and the immune system is often weakened, so you have to develop a strong mental and emotional attitude to help boost your physical strength. There is a tendency to sickness in childhood, but this is often outgrown as Mars progresses into Aries later in your life.

### *MARS IN RELATION TO YOUR SUN SIGN*

Now that we have traced Mars through the signs, it is important to find out the relationship between your Mars placement at birth and your sun sign. It would require a detailed birth chart to bring out all the information that is pertinent, but there are some general statements that can be useful to you.

If you are in Aries by birth, with Mars in Aries, Leo, or Sagittarius, it should be easy for you to get in touch with your physical energy. If Mars is in Cancer, Libra, or Capricorn, you may find obstacles in your path and often be at cross-purposes with yourself. Mars in Gemini or Aquarius is basically harmonious, helping you reach a mental understanding of how your energies work. Mars in Taurus will prove more helpful later in life. If Mars is in Virgo, Scorpio, or Pisces, it will be difficult to incorporate your energies into your total life pattern, but it can be done with some effort.

For Taums natives, Mars is most amenable if it is in your own sign or in Virgo or Capricorn. If Mars is placed in Leo,

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Scorpio, or Aquarius, there will be plenty of resistance to your own force and you will have to push yourself into action. Mars in Gemini will spark you into motion, and its placement in Pisces or Cancer is mildly beneficial. It can, however, add more emotional force than you may be comfortable with. If your Mars is in Libra, Sagittarius, or Aries, your personal energies can often get away from you.

Geminis do well with Mars in either Taums or Cancer to help steady their own natural flightiness. Mars in Libra and Aquarius is most comfortable to work through, and you will really see things happening. You can have some problems with Mars in Virgo, Sagittarius, or Pisces due to the overly erratic rhythm of the energy. Mars in Aries or Leo adds temper and vitality, but in either Scorpio or Capricorn, it can seem like a damper on your natural energy flow. Actually, it can slow you down for your own good.

All of us Cancers feel most secure with Mare in our own sign or in Scorpio or Pisces since we are used to emotional energy and will not be overwhelmed by it. Mars in Aries, Libra, or Capricorn can make us feel as if we are being pushed along faster than we want to be, without time to think things through. Mars in Gemini can speed up our pace, and Mars in Leo strengthens vitality as we get older. With Mars in Taums or Virgo, there is a nice controlled feeling to the levels of energy. Mars in either Sagittarius or Aquarius can bring sudden burets of energy that are not always part of our plans.

Leos are a natural sign of vitality and with Mare in Leo, Aries, or Sagittarius, a good full flow of force is maintained. You don't blend well with the placement of Mars in Taums, Scorpio, or Aquarius since those placements of Mare can make you feel weighted down in some way. Mare in Cancer will give you a clear connection to your emotional reserves, and if it is placed in Virgo, you will be able to accomplish a great deal in your life. With Mare in Gemini or Libra, your energy pushes you to share your force with others, and if it is in

## THE MARS INFLUENCE

Capricorn or Pisces, it is a rather neutral force unless you put effort into making it work for you.

Virgos like the orderly workings of Mars in their own sign or in Taums or Capricorn. The more diversified energy of Mars in Gemini, Pisces, or Sagittarius can make you feel constantly out of control. Mars in Leo can give you an instant dose of vitality, and Mars in Libra helps you balance your energy with the rest of your being. Mars in either Aries or Aquarius is hard for you to deal with as you don't really understand that force. You can reach new understanding of yourself under the influence of Mars in Cancer, and Mars in Scorpio infuses you with a passion for life that might be just what you have needed.

You Libras need to keep your energies in a state of perfect balance, so you are tuned in to Mars in your own sign or in Gemini or Aquarius. Mars in Aries, Cancer, or Capricorn keeps you in constant motion in an attempt to juggle all that is going on. Mars in Virgo can help you to make your ideas a reality, and in Scorpio it teaches you to plumb the depths of your being in search of understanding. The tides of emotion that are brought to you with Mars in Pisces make you uncomfortable. Mars in Taums is a rather neutral force that can be tilted slightly to the beneficial side. Mars in either Leo or Sagittarius pushes you into more action than you would normally be interested in.

Scorpio is a sign of powerful and silent forces, and Mars in your own sign is almost too much. Your energy will be more easily balanced if Mars is in Cancer or Pisces with their more obviously emotional overtones to their forces. With Mars in Taums, Leo, or Aquarius, a lot of energy can be wasted because it tends to work against itself. With Mars in those signs, you have to seek an in-depth understanding of your motives for action. Mars in Aries works well and quickly for you, and in Libra it can pull you out of yourself to interact with the world. Mars in Sagittarius will lead you to the best within



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yourself, and in Gemini it will open new doors in your thinking. Mars in Virgo or Capricorn provides a smooth blending of forces with your own.

Sagittarians can fly high with Mars in their own sign or in Aries or Leo. With Mars in a fire sign, there is little that you cannot flash through. If Mars is placed in Gemini or Virgo, you will have to work to have a consistent flow of force. You work easily with the influence of Mars in Pisces since you can make its rhythms fit your own. Mars in Taums, Scorpio, or Aquarius is beneficial because of the steadiness and reliability of the force. Mars in Capricorn will be a greater influence as your life progresses. It will work to turn your ideas into concrete reality. Mars in Cancer can give your energies more of an emotional base than you might be looking for. Mars in Libra is wonderful for putting your whirling energies in balance and shooting them forward again.

Capricorn natives move purposefully toward their goals and with Mars in Capricorn, Taums, or Virgo that purpose is well served. You can feel a lack of control with Mars in Aries or Cancer, and even Mars in Libra makes you feel more uncertain about your actions than you want to be. You work easily with the influence of Mars in Pisces or Scorpio, and even though they add an emotional dimension to your energy, it is an energy you feel you can control. Mars in Gemini makes you feel too scattered and you prefer Mars in Aquarius, which seems to lead you naturally to new ways of using your force. Mars in Leo is difficult since you feel it constantly pushing you to action you may not be quite prepared for, and Mars in Sagittarius can be almost too energetic for your life-style.

Aquarius natives can really push their thinking ahead with Mars in Aquarius, Gemini, or Libra. You feel bogged down with Mars in Taurus or Scorpio and want to be able to move faster. Mars in Leo brings about an ability to work well with others, and Mars in Aries or Sagittarius adds an element of daring to your energy that you find appealing. Mars in either

## THE MARS INFLUENCE

Cancer or Virgo is a neutral force that will depend on other elements in your chart. The influence of Mars in Capricorn can slow you down, but it will also keep you from going too far out on a tangent. Mars in Pisces will bring you some astounding emotional revelations as your life progresses and can open up your real motivations for you.

Pisces is usually a difficult sign for Mars to express itself in, but when it is your own sign, you will find a way to make those conflicting energies blend in your own best interests. You can direct your actions more smoothly with Mars in Cancer or Scorpio. Mars in Gemini or Sagittarius shows that you need to plan your actions so that you aren't always chasing rainbows. Mars in Capricorn or Taurus is beneficial since it gives your energies a sense of direction. Mars in Virgo will also force you to follow some kind of plan and is thus more beneficial than most opposite sign placements. Mars in Aries will increase your energy flow as you go through life, and Mars in Leo will also pull you steadily into the future. Mars in Libra can help you to work well with others, and Mars in Aquarius will fire up your thinking and imagination on a concrete level.

As you can see, the action of Mars is an essential one. Without its pushing us on to the next step of our personal life plan, we might never get there. Thought without action can never progress beyond the level of daydreams. Only through an understanding of our Mars force can we find the way to turn those dreams into reality.

## *Chapter XIV*

# **MOONWATCH**

**WE HAVE SEEN HOW OUR SUN SIGN DETERMINES OUR BASIC** energy patterns and how the placement of Mars shows us how to manipulate those energy patterns to get the most out of them. There is still one more integral piece of the internal puzzle to consider: the moon. As the moon reflects the light of the sun, so is it the reflector of our personal sensitivities. Its ability to set off various internal conditions and emotions can have a profound effect on our health and well-being.

The moon is the fastest moving of all the celestial bodies, passing through each sign of the zodiac in two to two and a half days. As it races along its heavenly path, it carries your moods and emotions right along with it and affects the fluids of your body as well.

In its everchanging aspects, the moon is an invaluable indicator of when health problems may begin, and correspond-

## *CELESTIAL BODIES*

ingly, when they will taper off and finally end. It can show you the best days for surgery, if you have a choice in the matter or are considering elective surgery. The transiting moon can also show you the days to avoid surgery, if possible. Working with the daily moon placement can help you plan the start of a new diet or advise you as to which days are best for getting needed rest.

The moon tables in Appendix 1 at the back of this book show the placement of the moon in the signs for its transits from 1987 through 1992. In addition to giving the sign that the moon is in on any given day, these tables also show the relationship between the moon and Mars on that day, and the phases of the moon, such as the new moon and full moon, and days when the moon is void of course. The expression "void of course" refers to that period of time when the moon does not make any new aspects as it leaves one sign and enters the next one. It is a time when your personal energy may be lessened and is considered to be a poor time to begin anything new.

### *UNDERSTANDING LUNAR PHASES*

In learning to understand your personal health and energy patterns, it is important to be aware of the different lunar phases for they can have an unusual effect on your emotional well-being. The word "lunatic" was originally used to identify those insane people who went off the deep end only during the full moon as opposed to those who were crazy all of the time. Most policemen and hospital workers will agree that the greatest number of violent crimes and unusual accidents occur when the moon is full.

## MOONWATCH

If you feel that you are one of those who are strongly affected by the full moon, you might want to limit yourself to routine and quiet activities during that time. Bars and parties should be avoided as there is such a temptation to overindulge in just about anything during this phase. Tempers are volatile, and feelings in general are exaggerated during the full moon, so try to sidestep potentially upsetting confrontations until it has passed.

The few days before the new moon, often referred to as the dark of the moon, is a time when we all need plenty of rest, especially if the approaching new moon is in your birth sign or its opposite. For example, if you are a Capricorn, the day before either the Cancer or Capricorn new moon is a day to slow down your schedule and take things easy. This is also an excellent time to purify both the body and the spirit, perhaps with a day of fasting. The point is to use this time to recharge and balance your energy before the next cycle begins.

Most people find that their energy and general health is at its peak during the new moon. Enjoy this energy burst and use it to your advantage, but don't let it take control and disturb your natural rhythm too much. When properly managed, new-moon energy will allow you to accomplish all that needs to be done while maintaining a balance within yourself and avoiding "new-moon burnout."

### *DIETING BY THE LIGHT OF THE MOON*

Just as the different phases of the moon have an effect on the tides, so they affect our bodily fluids. Consequently, even the most disciplined of dieters can put on a couple of pounds

## *CELESTIAL BODIES*

five days before the full moon when body fluids are at their peak. The same phenomenon can occur when the moon transits through one of the water signs—Cancer, Scorpio, or Pisces. For women, if one of these times coincides with the onset of your menstrual cycle, your body may retain additional fluid, compounding the proverbial problem of "water weight." Fortunately, when the moon moves along to the next sign, the temporary weight gain moves right along with it.

Using this same barometer, the new moon and the first few days that follow it are **terrific** times to begin a weight loss program and other **health-related** disciplines. If your life has become unbalanced due to too much caffeine, nicotine, alcohol, or **drugs**, this is the time to make a sincere effort to cut back or refrain from using them altogether.

Since your body automatically eliminates excess body fluids during this period, you will notice that a pound or two seems to magically disappear with little or no effort on your part. This will provide a much needed psychological boost to frustrated dieters. If the new moon is transiting through one of the earth signs—Taurus, Virgo, or Capricorn—your willpower and self-discipline will be increased, making it easier to follow your diet.

### *CHOOSING THE RIGHT TIME FOR SURGERY AND OTHER HEALTH CONCERNS*

If you do require surgery and are able to plan it in advance, there are several things to take into consideration before selecting a date. First, you should consider the different phases of the moon. Since our bodily fluids are at an ebb during the new moon, the five days before or after the new moon are

## MOONWATCH

optimal times for surgery. This reduction in body fluids significantly reduces the chances of excessive swelling or bleeding. Conversely, if surgery is performed five days before or after the full moon, there is an increased possibility of hemorrhaging or lymphatic drainage from an incision that is in the process of healing.

When the moon is void of course, it is thought to be a poor time for surgery. Things are often done incorrectly under this influence, and a second operation may be required. Also, since you are in a low-energy phase while the moon is void, it would take you longer to recover from the surgery.

In general, when the transiting moon is in a fixed sign such as Taurus, Leo, Scorpio, or Aquarius, the operation **will** go along as it should without undue complications. The exception to this rule is the placement of the transiting moon in Scorpio, as this can cause problems with the administration of the anesthesia. If the transiting moon is in a mutable sign—**Gemini, Virgo, Sagittarius, or Pisces**—the surgeon may get carried away, doing more than is necessary, and not always in the patient's best interest. When the transiting moon is in a cardinal sign—**Aries, Cancer, Libra, or Capricorn**—surgery will be likely to go more quickly than expected.

It is wise to avoid surgery when the moon transits through the sign that rules the part of the body to be operated on, or its opposite. For instance, when the transiting moon is in either Aries or Libra, avoid operations that involve the head or the kidneys. A transiting moon in Taurus or Scorpio is unfavorable for operations on the throat, neck, or genital area. Surgery on the arms, hands, lungs, or legs should not be scheduled when the moon is transiting through Gemini or Sagittarius. Try not to have surgery on the stomach, breasts, or knees while the moon is passing through Cancer or Capricorn. Heart surgery or any operations that are connected to the ankles or the circulatory system will be more successful if the transiting moon is not in Leo or Aquarius. Bowel surgery should be

## CELESTIAL BODIES

avoided when the moon is in either Virgo or Pisces, as should any operation on the feet, even the removal of a bunion.

One last suggestion regarding the best days for surgery concerns the relationship between the transiting moon and transiting Mars. Mars, in its positive or negative relationship to the moon, can show your ability to recover from the operation. You should postpone surgery if it is scheduled for a day when the moon and Mars are negatively aspected. The moon tables in Appendix 1 show the relationship between the moon and Mars on any given day in the column following the one that lists the sign that the moon is in that day.

For dental work, plan to have your teeth filled when the moon is in the fourth quarter. This is also the best time to have impressions made for caps or plates. Teeth will be extracted most easily when the moon is in the first or second quarter.

Eye examinations and diagnoses will be the most accurate during the first and second quarter of the moon. This is also the ideal time to get used to wearing contact lenses or to break in a new pair of glasses.

The moon, with its powerful effect on our subconscious thinking, can determine our attitude toward our health. If you are fearful of impending surgery or dreading the start of yet another new diet, you can give yourself as much help as possible by choosing a day when the moon is in harmony with your sun sign to do these things.

Your moon-consciousness can be of help to you on a daily basis, teaching you to understand the internal rhythms that pulse through your being. Use them to blend inner and outer consciousness to bring about an understanding of your total self. Through this kind of personal awareness, you can take giant strides on the path to total health.



## *Chapter XV*

# ***HEALTH IS YOURS (A Final Word)***

THE BALANCE OF HEALTH IN ALL PARTS OF YOUR BEING IS the most worthwhile goal you can hope to achieve for yourself, for without it, it is impossible to attain your other goals. Your good health depends a great deal on caring enough about yourself to put forth the time and effort to reach personal well-being. If you strengthen your body now, you may be able to avoid getting to the point where the only thing that will help you is a surgeon's knife. Just remember that any road to health that uses the methods described in this book takes time, so go along with them one day at a time. One morning you will look at yourself in the mirror and realize that the work is being done. All you will have to do then is keep yourself at the level you have reached and enjoy the experience of feeling good.

## *CELESTIAL BODIES*

Thomas Edison once said that "the doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." What a wonderful possibility this is to consider. The use of alternative methods of healing in combination with the vast amount of medical knowledge that steadily becomes more available may perhaps bring this to pass in our lifetime. Everything that we can do on an individual level to make ourselves more aware of our balance of health will contribute to the emergence of this new consciousness.

It is a fact that there are many things about ourselves that are not easy to explain through traditional methods. Many areas simply defy any kind of scientific explanations, especially in the field of mental health. I have found most amazing correlations in the charts of people from all different signs and backgrounds who share certain health problems that indicate a definite pattern at work. Learning to understand our individual patterns and make them work for us to achieve balance is serious work that requires a good deal of personal dedication, but the rewards are great. You are worth the effort that you put into yourself, so be willing to invest in the most important person in your life, namely you.

The important thing is to know that there are answers and that they are available to us. We owe it to ourselves to look into every choice and not lock ourselves into a path that tries to be the only way. There are hundreds of "only ways," and one of them is just right for you. The best that any of us can do is to contribute to the general knowledge of the world through our individual experience. Some of the things which you have read in this book will spur you on to further discoveries of your own, and more information will come to light. Each piece of knowledge is a stepping stone, so keep reaching for the next one. The path of understanding they will form is one that we can all walk on with confidence in the direction it will take us.

## HEALTH IS YOURS

The primary task before you is to actually use the information that you have. Don't be content just to have read this book and think that it is certainly all very interesting and that someday you will try out some of the recommendations. Try the foods that are most beneficial to you with some regularity and find out how much better you will feel. Use the supplements that are recommended to ease your health problems and see if they do help you. The precepts of this book will help you to balance your energies, thus pointing the way to good health. This is truly the path that can set you free.

# *Appendix 1*

## MARS TABLES

01/01/01--03/01/01	Virgo	11/03/03--12/11/03	Capricorn
03/02/01--05/10/01	Leo	12/12/03--01/18/04	Aquarius
05/11/01--07/13/01	Virgo	01/19/04--02/26/04	Pisces
07/14/01--08/31/01	Libra	02/27/04--04/06/04	Aries
09/01/01--10/13/01	Scorpio	04/07/04--05/17/04	Taurus
10/14/01--11/23/01	Sagittarius	05/18/04--06/29/04	Gemini
11/24/01--01/01/02	Capricorn	06/30/04--08/14/04	Cancer
01/02/02--02/08/02	Aquarius	08/15/04--09/30/04	Leo
02/09/02--03/18/02	Pisces	10/01/04--11/19/04	Virgo
03/19/02--04/26/02	Aries	11/20/04--01/13/05	Libra
04/27/02--06/06/02	Taurus	01/14/05--08/21/05	Scorpio
06/07/02--07/20/02	Gemini	08/22/05--10/07/05	Sagittarius
07/21/02--09/03/02	Cancer	10/08/05--11/17/05	Capricorn
09/04/02--10/23/02	Leo	11/18/05--12/26/05	Aquarius
10/24/02--12/19/02	Virgo	12/27/05--02/04/06	Pisces
12/20/02--04/19/03	Libra	02/05/06--03/16/06	Aries
04/20/03--05/30/03	Virgo	03/17/06--04/28/06	Taurus
05/31/03--08/05/03	Libra	04/29/06--06/11/06	Gemini
08/06/03--09/21/03	Scorpio	06/12/06--07/26/06	Cancer
09/22/03--11/02/03	Sagittarius	07/27/06--09/11/06	Leo

*APPENDIX 1*

09/12/06-10/29/06	Virgo	07/17/12-09/01/12	Virgo
10/30/06-12/16/06	Libra	09/02/12-10/17/12	Libra
12/17/06-02/04/07	Scorpio	10/18/12-11/29/12	Scorpio
02/05/07-04/01/07	Sagittarius	11/30/12-01/09/13	Sagittarius
04/02/07-10/12/07	Capricorn	01/10/13-02/18/13	Capricorn
10/13/07-11/28/07	Aquarius	02/19/13-03/29/13	Aquarius
11/29/07-01/10/08	Pisces	03/30/13-05/07/13	Pisces
01/11/08-02/22/08	Aries	05/08/13-06/16/13	Aries
02/23/08-04/06/08	Taurus	06/17/13-07/28/13	Taurus
04/07/08-05/21/08	Gemini	07/29/13-09/15/13	Gemini
05/22/08-07/07/08	Cancer	09/16/13-05/01/14	Cancer
07/08/08-08/23/08	Leo	05/02/14-06/25/14	Leo
08/24/08-10/09/08	Virgo	06/26/14-08/13/14	Virgo
10/10/08-11/24/08	Libra	08/14/14-09/28/14	Libra
11/25/08-01/09/09	Scorpio	09/29/14-11/10/14	Scorpio
01/10/09-02/23/09	Sagittarius	11/11/14-12/21/14	Sagittarius
02/24/09-04/09/09	Capricorn	12/22/14-01/29/15	Capricorn
04/10/09-05/25/09	Aquarius	01/30/15-03/08/15	Aquarius
05/26/09-07/20/09	Pisces	03/09/15-04/16/15	Pisces
07/21/09-09/26/09	Aries	04/17/15-05/25/15	Aries
09/27/09-11/20/09	Pisces	05/26/15-07/05/15	Taurus
11/21/09-01/22/10	Aries	07/06/15-08/18/15	Gemini
01/23/10-03/13/10	Taurus	08/19/15-10/07/15	Cancer
03/14/10-05/01/10	Gemini	10/08/15-05/28/16	Leo
05/02/10-06/18/10	Cancer	05/29/16-07/22/16	Virgo
06/19/10-08/05/10	Leo	07/23/16-09/08/16	Libra
08/06/10-09/21/10	Virgo	09/09/16-10/21/16	Scorpio
09/22/10-11/05/10	Libra	10/22/16-12/01/16	Sagittarius
11/06/10-12/19/10	Scorpio	12/02/16-01/08/17	Capricorn
12/20/10-01/31/11	Sagittarius	01/09/17-02/15/17	Aquarius
02/01/11-03/13/11	Capricorn	02/16/17-03/26/17	Pisces
03/14/11-04/22/11	Aquarius	03/27/17-05/04/17	Aries
04/23/11-06/02/11	Pisces	05/05/17-06/14/17	Taurus
06/03/11-07/14/11	Aries	06/15/17-07/27/17	Gemini
07/15/11-09/04/11	Taurus	07/28/17-09/11/17	Cancer
09/05/11-11/29/11	Gemini	09/12/17-11/01/17	Leo
11/30/11-01/30/12	Taurus	11/02/17-01/10/18	Virgo
01/31/12-04/04/12	Gemini	01/11/18-02/25/18	Libra
04/05/12-05/27/12	Cancer	02/26/18-06/23/18	Virgo
05/28/12-07/16/12	Leo	06/24/18-08/16/18	Libra

## MARS'rABLES

08/17/18-09/30/18	Scorpio	03/07/24-04/23/24	Capricorn
10/01/18-11/10/18	Sagittarius	04/24/24-06/23/24	Aquarius
11/11/18-12/19/18	Capricorn	06/24/24-08/23/24	Pisces
12/20/18-01/26/19	Aquarius	08/24/24-10/19/24	Aquarius
01/27/19-03/06/19	Pisces	10/20/24-12/18/24	Pisces
03/07/19-04/14/19	Aries	12/19/24-02/04/25	Aries
04/15/19-05/25/19	Taurus	02/05/25-03/23/25	Taurus
05/26/19-07/08/19	Gemini	03/24/25-05/09/25	Gemini
07/09/19-08/22/19	Cancer	05/10/25-06/25/25	Cancer
08/23/19-10/09/19	Leo	06/26/25-08/12/25	Leo
10/10/19-11/29/19	Virgo	08/13/25-09/28/25	Virgo
11/30/19-01/31/20	Libra	09/29/25-11/12/25	Libra
02/01/20-04/23/20	Scorpio	11/13/25-12/27/25	Scorpio
04/24/20-07/10/20	Libra	12/28/25-02/08/26	Sagittarius
07/11/20-09/04/20	Scorpio	02/09/26-03/22/26	Capricorn
09/05/20-10/17/20	Sagittarius	03/23/26-05/02/26	Aquarius
10/18/20-11/26/20	Capricorn	05/03/26-06/14/26	Pisces
11/27/20-01/04/21	Aquarius	06/15/26-07/31/26	Aries
01/05/21-02/12/21	Pisces	08/01/26-02/21/27	Taurus
02/13/21-03/24/21	Aries	02/22/27-04/16/27	Gemini
03/25/21-05/05/21	Taurus	04/17/27-06/05/27	Cancer
05/06/21-06/18/21	Gemini	06/06/27-07/24/27	Leo
06/19/21-08/02/21	Cancer	07/25/27-09/09/27	Virgo
08/03/21-09/18/21	Leo	09/10/27-10/25/27	Libra
09/19/21-11/05/21	Virgo	10/26/27-12/07/27	Scorpio
11/06/21-12/25/21	Libra	12/08/27-01/18/28	Sagittarius
12/26/21-02/17/22	Scorpio	01/19/28-02/27/28	Capricorn
02/18/22-09/12/22	Sagittarius	02/28/28-04/06/28	Aquarius
09/13/22-10/30/22	Capricorn	04/07/28-05/16/28	Pisces
10/31/22-12/10/22	Aquarius	05/17/28-06/25/28	Aries
12/11/22-01/20/23	Pisces	06/26/28-08/08/28	Taurus
01/21/23-03/03/23	Aries	08/09/28-10/02/28	Gemini
03/04/23-04/15/23	Taurus	10/03/28-12/19/28	Cancer
04/16/23-05/30/23	Gemini	12/20/28-03/10/29	Gemini
05/31/23-07/15/23	Cancer	03/11/29-05/12/29	Cancer
07/16/23-08/31/23	Leo	05/13/29-07/03/29	Leo
09/01/23-10/17/23	Virgo	07/04/29-08/21/29	Virgo
10/18/23-12/03/23	Libra	08/22/29-10/05/29	Libra
12/04/23-01/19/24	Scorpio	10/06/29-11/17/29	Scorpio
01/20/24-03/06/24	Sagittarius	11/18/29-12/28/29	Sagittarius

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12/29/29-02/06/30	Capricorn	01/14/36-02/21/36	Pisces
02/07/30-03/16/30	Aquarius	02/22/36-04/01/36	Aries
03/17/30-04/24/30	Pisces	04/02/36-05/12/36	Taurus
04/25/30-06/02/30	Aries	05/13/36-06/25/36	Gemini
06/03/30-07/13/30	Taurus	06/26/36-08/09/36	Cancer
07/14/30-08/27/30	Gemini	08/10/36-09/25/36	Leo
08/28/30-10/19/30	Cancer	09/26/36-11/13/36	Virgo
10/20/30-02/15/31	Leo	11/14/36-01/05/37	Libra
02/16/31-03/29/31	Cancer	01/06/37-03/12/37	Scorpio
03/30/31-06/09/31	Leo	03/13/37-05/14/37	Sagittarius
06/10/31-07/31/31	Virgo	05/15/37-08/08/37	Scorpio
08/01/31-09/16/31	Libra	08/09/37-09/29/37	Sagittarius
09/17/31-10/29/31	Scorpio	09/30/37-11/11/37	Capricorn
10/30/31-12/09/31	Sagittarius	11/12/37-12/21/37	Aquarius
12/10/31-01/17/32	Capricorn	12/22/37-01/29/38	Pisces
01/18/32-02/24/32	Aquarius	01/30/38-03/11/38	Aries
02/25/32-04/02/32	Pisces	03/12/38-04/23/38	Taurus
04/03/32-05/11/32	Aries	04/24/38-06/06/38	Gemini
05/12/32-06/21/32	Taurus	06/07/38-07/22/38	Cancer
06/22/32-08/04/32	Gemini	07/23/38-09/07/38	Leo
08/05/32-09/20/32	Cancer	09/08/38-10/24/38	Virgo
09/21/32-11/13/32	Leo	10/25/38-12/11/38	Libra
11/14/32-07/06/33	Virgo	12/12/38-01/28/39	Scorpio
07/07/33-08/25/33	Libra	01/29/39-03/20/39	Sagittarius
08/26/33-10/08/33	Scorpio	03/21/39-05/24/39	Capricorn
10/09/33-11/18/33	Sagittarius	05/25/39-07/21/39	Aquarius
11/19/33-12/27/33	Capricorn	07/22/39-09/23/39	Capricorn
12/28/33-02/03/34	Aquarius	09/24/39-11/18/39	Aquarius
02/04/34-03/13/34	Pisces	11/19/39-01/03/40	Pisces
03/14/34-04/21/34	Aries	01/04/40-02/16/40	Aries
04/22/34-06/01/34	Taurus	02/17/40-04/01/40	Taurus
06/02/34-07/15/34	Gemini	04/02/40-05/16/40	Gemini
07/16/34-08/29/34	Cancer	05/17/40-07/02/40	Cancer
08/30/34-10/17/34	Leo	07/03/40-08/18/40	Leo
10/18/34-12/10/34	Virgo	08/19/40-10/04/40	Virgo
12/11/34-07/29/35	Libra	10/05/40-11/20/40	Libra
07/30/35-09/15/35	Scorpio	11/21/40-01/04/41	Scorpio
09/16/35-10/28/35	Sagittarius	01/05/41-02/17/41	Sagittarius
10/29/35-12/06/35	Capricorn	02/18/41-04/01/41	Capricorn
12/07/35-01/13/36	Aquarius	04/02/41-05/15/41	Aquarius

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05/16/41-07/01/41	Pisces	05/19/47-06/30/47	Taurus
07/02/41-01/11/42	Aries	07/01/47-08/13/47	Gemini
01/12/42-03/06/42	Taurus	08/14/47-09/30/47	Cancer
03/07/42-04/25/42	Gemini	10/01/47-11/30/47	Leo
04/26/42-06/13/42	Cancer	12/01/47-02/11/48	Virgo
06/14/42-07/31/42	Leo	02/12/48-05/18/48	Leo
08/01/42-09/16/42	Virgo	05/19/48-07/16/48	Virgo
09/17/42-11/01/42	Libra	07/17/48-09/02/48	Libra
11/02/42-12/14/42	Scorpio	09/03/48-10/16/48	Scorpio
12/15/42-01/26/43	Sagittarius	10/17/48-11/26/48	Sagittarius
01/27/43-03/07/43	Capricorn	11/27/48-01/04/49	Capricorn
03/08/43-04/16/43	Aquarius	01/05/49-02/11/49	Aquarius
04/17/43-05/26/43	Pisces	02/12/49-03/21/49	Pisces
05/27/43-07/07/43	Aries	03/22/49-04/29/49	Aries
07/08/43-08/23/43	Taurus	04/30/49-06/09/49	Taurus
08/24/43-03/27/44	Gemini	06/10/49-07/22/49	Gemini
03/28/44-05/21/44	Cancer	07/23/49-09/06/49	Cancer
05/22/44-07/11/44	Leo	09/07/49-10/26/49	Leo
07/12/44-08/28/44	Virgo	10/27/49-12/25/49	Virgo
08/29/44-10/12/44	Libra	12/26/49-03/27/50	Libra
10/13/44-11/24/44	Scorpio	03/28/50-06/11/50	Virgo
11/25/44-01/05/45	Sagittarius	06/12/50-08/09/50	Libra
01/06/45-02/13/45	Capricorn	08/10/50-09/25/50	Scorpio
02/14/45-03/24/45	Aquarius	09/26/50-11/05/50	Sagittarius
03/25/45-05/02/45	Pisces	11/06/50-12/14/50	Capricorn
05/03/45-06/10/45	Aries	12/15/50-01/21/51	Aquarius
06/11/45-07/22/45	Taurus	01/22/51-03/01/51	Pisces
07/23/45-09/07/45	Gemini	03/02/51-04/09/51	Aries
09/08/45-11/11/45	Cancer	04/10/51-05/20/51	Taurus
11/12/45-12/25/45	Leo	05/21/51-07/03/51	Gemini
12/26/45-04/22/46	Cancer	07/04/51-08/17/51	Cancer
04/23/46-06/19/46	Leo	08/18/51-10/04/51	Leo
06/20/46-08/08/46	Virgo	10/05/51-11/23/51	Virgo
08/09/46-09/23/46	Libra	11/24/51-01/19/52	Libra
09/24/46-11/06/46	Scorpio	01/20/52-08/27/52	Scorpio
11/07/46-12/16/46	Sagittarius	08/28/52-10/11/52	Sagittarius
12/17/46-01/24/47	Capricorn	10/12/52-11/21/52	Capricorn
01/25/47-03/03/47	Aquarius	11/22/52-12/30/52	Aquarius
03/04/47-04/11/47	Pisces	12/31/52-02/07/53	Pisces
04/12/47-05/18/47	Aries	02/08/53-03/19/53	Aries



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03/20/53-04/30/53	Taurus	10/29/58-02/09/59	Taurus
05/01/53-06/13/53	Gemini	02/10/59-04/09/59	Gemini
06/14/53-07/29/53	Cancer	04/10/59-05/31/59	Cancer
07/30/53-09/14/53	Leo	06/01/59-07/19/59	Leo
09/15/53-10/31/53	Virgo	07/20/59-09/05/59	Virgo
11/01/53-12/19/53	Libra	09/06/59-10/20/59	Libra
12/20/53-02/09/54	Scorpio	10/21/59-12/03/59	Scorpio
02/10/54-04/11/54	Sagittarius	12/04/59-01/13/60	Sagittarius
04/12/54-07/02/54	Capricorn	01/14/60-02/22/60	Capricorn
07/03/54-08/23/54	Sagittarius	02/23/60-04/01/60	Aquarius
08/24/54-10/20/54	Capricorn	04/02/60-05/10/60	Pisces
10/21/54-12/03/54	Aquarius	05/11/60-06/19/60	Aries
12/04/54-01/14/55	Pisces	06/20/60-08/01/60	Taurus
01/15/55-02/25/55	Aries	08/02/60-09/20/60	Gemini
02/26/55-04/10/55	Taurus	09/21/60-05/05/61	Cancer
04/11/55-05/25/55	Gemini	05/06/61-06/28/61	Leo
05/26/55-07/10/55	Cancer	06/29/61-08/16/61	Virgo
07/11/55-08/26/55	Leo	08/17/61-10/01/61	Libra
08/27/55-10/12/55	Virgo	10/02/61-11/13/61	Scorpio
10/13/55-11/28/55	Libra	11/14/61-12/24/61	Sagittarius
11/29/55-01/13/56	Scorpio	12/25/61-02/01/62	Capricorn
01/14/56-02/28/56	Sagittarius	02/02/62-03/11/62	Aquarius
02/29/56-04/14/56	Capricorn	03/12/62-04/18/62	Pisces
04/15/56-06/02/56	Aquarius	04/19/62-05/28/62	Aries
06/03/56-12/05/56	Pisces	05/29/62-07/08/62	Taurus
12/06/56-01/27/57	Aries	07/09/62-08/21/62	Gemini
01/28/57-03/17/57	Taurus	08/22/62-10/11/62	Cancer
03/18/57-05/03/57	Gemini	10/12/62-06/02/63	Leo
05/04/57-06/20/57	Cancer	06/03/63-07/26/63	Virgo
06/21/57-08/07/57	Leo	07/27/63-09/11/63	Libra
08/08/57-09/23/57	Virgo	09/12/63-10/25/63	Scorpio
09/24/57-11/08/57	Libra	10/26/63-12/04/63	Sagittarius
11/09/57-12/22/57	Scorpio	12/05/63-01/12/64	Capricorn
12/23/57-02/03/58	Sagittarius	01/13/64-02/19/64	Aquarius
02/04/58-03/16/58	Capricorn	02/20/64-03/28/64	Pisces
03/17/58-04/26/58	Aquarius	03/29/64-05/06/64	Aries
04/27/58-06/06/58	Pisces	05/07/64-06/16/64	Taurus
06/07/58-07/20/58	Aries	06/17/64-07/30/64	Gemini
07/21/58-09/20/58	Taurus	07/31/64-09/14/64	Cancer
09/21/58-10/28/58	Gemini	09/15/64-11/05/64	Leo

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11/06/64-06/28/65	Virgo	12/06/70-01/22/71	Scorpio
06/29/65-08/19/65	Libra	01/23/71-03/11/71	Sagittarius
08/20/65-10/03/65	Scorpio	03/12/71-05/03/71	Capricorn
10/04/65-11/13/65	Sagittarius	05/04/71-11/05/71	Aquarius
11/14/65-12/22/65	Capricorn	11/06/71-12/26/71	Pisces
12/23/65-01/29/66	Aquarius	12/27/71-02/09/72	Aries
01/30/66-03/08/66	Pisces	02/10/72-03/26/72	Taums
03/09/66-04/17/66	Aries	03/27/72-05/11/72	Gemini
04/18/66-05/28/66	Taurus	05/12/72-06/27/72	Cancer
05/29/66-07/10/66	Gemini	06/28/72-08/14/72	Leo
07/11/66-08/24/66	Cancer	08/15/72-09/30/72	Virgo
08/25/66-10/12/66	Leo	10/01/72-11/15/72	Libra
10/13/66-12/03/66	Virgo	11/16/72-12/29/72	Scorpio
12/04/66-02/11/67	Libra	12/30/72-02/11/73	Sagittarius
02/12/67-03/30/67	Scorpio	02/12/73-03/26/73	Capricorn
03/31/67-07/19/67	Libra	03/27/73-05/07/73	Aquarius
07/20/67-09/09/67	Scorpio	05/08/73-06/20/73	Pisces
09/10/67-10/22/67	Sagittarius	06/21/73-08/11/73	Aries
10/23/67-12/01/67	Capricorn	08/12/73-10/29/73	Taums
12/02/67-01/08/68	Aquarius	10/30/73-12/23/73	Aries
01/09/68-02/16/68	Pisces	12/24/73-02/26/74	Taums
02/17/68-03/27/68	Aries	02/27/74-04/19/74	Gemini
03/28/68-05/07/68	Taurus	04/20/74-06/08/74	Cancer
05/08/68-06/20/68	Gemini	06/09/74-07/26/74	Leo
06/21/68-08/05/68	Cancer	07/27/74-09/12/74	Virgo
08/06/68-09/21/68	Leo	09/13/74-10/27/74	Libra
09/22/68-11/08/68	Virgo	10/28/74-12/10/74	Scorpio
11/09/68-12/29/68	Libra	12/11/74-01/21/75	Sagittarius
12/30/68-02/24/69	Scorpio	01/22/75-03/02/75	Capricorn
02/25/69-09/20/69	Sagittarius	03/03/75-04/11/75	Aquarius
09/21/69-11/04/69	Capricorn	04/12/75-05/20/75	Pisces
11/05/69-12/14/69	Aquarius	05/21/75-06/30/75	Aries
12/15/69-01/24/70	Pisces	07/01/75-08/14/75	Taums
01/25/70-03/06/70	Aries	08/15/75-10/16/75	Gemini
03/07/70-04/18/70	Taums	10/17/75-11/25/75	Cancer
04/19/70-06/01/70	Gemini	11/26/75-03/17/76	Gemini
06/02/70-07/17/70	Cancer	03/18/76-05/15/76	Cancer
07/18/70-09/02/70	Leo	05/16/76-07/06/76	Leo
09/03/70-10/19/70	Virgo	07/07/76-08/23/76	Virgo
10/20/70-12/05/70	Libra	08/24/76-10/08/76	Libra

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10/09/76-11/20/76	Scorpio	08/03/82-09/19/82	Scorpio
11/21/76-12/31/76	Sagittarius	09/20/82-10/31/82	Sagittarius
01/01/77-02/08/77	Capricorn	11/01/82-12/09/82	Capricorn
02/09/77-03/19/77	Aquarius	12/10/82-01/16/83	Aquarius
03/20/77-04/26/77	Pisces	01/17/83-02/24/83	Pisces
04/27/77-06/05/77	Aries	02/25/83-04/04/83	Aries
06/06/77-07/16/77	Taums	04/05/83-05/16/83	Taums
07/17/77-08/31/77	Gemini	05/17/83-06/28/83	Gemini
09/01/77-10/26/77	Cancer	06/29/83-08/13/83	Cancer
10/27/77-01/25/78	Leo	08/14/83-09/29/83	Leo
01/26/78-04/10/78	Cancer	09/30/83-11/17/83	Virgo
04/11/78-06/13/78	Leo	11/18/83-01/10/84	Libra
06/14/78-08/03/78	Virgo	01/11/84-08/17/84	Scorpio
08/04/78-09/19/78	Libra	08/18/84-10/04/84	Sagittarius
09/20/78-11/01/78	Scorpio	10/05/84-11/15/84	Capricorn
11/02/78-12/12/78	Sagittarius	11/16/84-12/24/84	Aquarius
12/13/78-01/19/79	Capricorn	12/25/84-02/02/85	Pisces
01/20/79-02/27/79	Aquarius	02/03/85-03/14/85	Aries
02/28/79-04/06/79	Pisces	03/15/85-04/25/85	Taums
04/07/79-05/15/79	Aries	04/26/85-06/08/85	Gemini
05/16/79-06/25/79	Taums	06/09/85-07/24/85	Cancer
06/26/79-08/07/79	Gemini	07/25/85-09/09/85	Leo
08/08/79-09/24/79	Cancer	09/10/85-10/26/85	Virgo
09/25/79-11/19/79	Leo	10/27/85-12/14/85	Libra
11/20/79-03/11/80	Virgo	12/15/85-02/01/86	Scorpio
03/12/80-05/03/80	Leo	02/02/86-03/27/86	Sagittarius
05/04/80-07/10/80	Virgo	03/28/86-10/08/86	Capricorn
07/11/80-08/28/80	Libra	10/09/86-11/25/86	Aquarius
08/29/80-10/11/80	Scorpio	11/26/86-01/07/87	Pisces
10/12/80-11/21/80	Sagittarius	01/08/87-02/19/87	Aries
11/22/80-12/30/80	Capricorn	02/20/87-04/04/87	Taums
12/31/80-02/06/81	Aquarius	04/05/87-05/20/87	Gemini
02/07/81-03/16/81	Pisces	05/21/87-07/05/87	Cancer
03/17/81-04/24/81	Aries	07/06/87-08/22/87	Leo
04/25/81-06/04/81	Taums	08/23/87-10/08/87	Virgo
06/05/81-07/17/81	Gemini	10/09/87-11/23/87	Libra
07/18/81-09/01/81	Cancer	11/24/87-01/07/88	Scorpio
09/02/81-10/20/81	Leo	01/08/88-02/21/88	Sagittarius
10/21/81-12/15/81	Virgo	02/22/88-04/06/88	Capricorn
12/16/81-08/02/82	Libra	04/07/88-05/21/88	Aquanus

## MARS TABLES

05/22/88-07/13/88	Pisces	03/07/94-04/14/94	Pisces
07/14/88-10/23/88	Aries	04/15/94-05/23/94	Aries
10/24/88-11/01/88	Pisces	05/24/94-07/03/94	Taums
11/02/88-01/18/89	Aries	07/04/94-08/16/94	Gemini
01/19/89-03/10/89	Taums	08/17/94-10/03/94	Cancer
03/11/89-04/28/89	Gemini	10/04/94-12/11/94	Leo
04/29/89-06/15/89	Cancer	12/12/94-01/22/95	Virgo
06/16/89-08/02/89	Leo	01/23/95-05/24/95	Leo
08/03/89-09/18/89	Virgo	05/25/95-07/20/95	Virgo
09/19/89-11/03/89	Libra	07/21/95-09/06/95	Libra
11/04/89-12/17/89	Scorpio	09/07/95-10/20/95	Scorpio
12/18/89-01/28/90	Sagittarius	10/21/95-11/29/95	Sagittarius
01/29/90-03/10/90	Capricorn	11/30/95-01/07/96	Capricorn
03/11/89-04/20/90	Aquarius	01/08/96-02/14/96	Aquarius
04/21/90-05/30/90	Pisces	02/15/96-03/23/96	Pisces
05/31/90-07/11/90	Aries	03/24/96-05/02/96	Aries
07/12/90-08/30/90	Taums	05/03/96-06/11/96	Taums
08/31/90-12/13/90	Gemini	06/12/96-07/25/96	Gemini
12/14/90-01/20/91	Taums	07/26/96-09/09/96	Cancer
01/21/91-04/02/91	Gemini	09/10/96-10/29/96	Leo
04/03/91-05/25/91	Cancer	10/30/96-01/02/97	Virgo
05/26/91-07/14/91	Leo	01/03/97-03/08/97	Libra
07/15/91-08/31/91	Virgo	03/09/97-06/18/97	Virgo
09/01/91-10/16/91	Libra	06/19/97-08/13/97	Libra
10/17/91-11/28/91	Scorpio	08/14/97-09/28/97	Scorpio
11/29/91-01/08/92	Sagittarius	09/29/97-11/08/97	Sagittarius
01/09/92-02/17/92	Capricorn	11/09/97-12/17/97	Capricorn
02/18/92-03/27/92	Aquarius	12/18/97-01/24/98	Aquarius
03/28/92-05/05/92	Pisces	01/25/98-03/03/98	Pisces
05/06/92-06/13/92	Aries	03/04/98-04/12/98	Aries
06/14/92-07/26/92	Taums	04/13/98-05/23/98	Taums
07/27/92-09/11/92	Gemini	05/24/98-07/05/98	Gemini
09/12/92-04/27/93	Cancer	07/06/98-08/20/98	Cancer
04/28/93-06/22/93	Leo	08/21/98-10/06/98	Leo
06/23/93-08/11/93	Virgo	10/07/98-11/26/98	Virgo
08/12/93-09/26/93	Libra	11/27/98-01/25/99	Libra
09/27/93-11/08/93	Scorpio	01/26/99-05/05/99	Scorpio
11/09/93-12/19/93	Sagittarius	05/06/99-07/04/99	Libra
12/20/93-01/27/94	Capricorn	07/05/99-09/01/99	Scorpio
01/28/94-03/06/94	Aquarius	09/02/99-10/16/99	Sagittarius

*APPENDIX 1*

10/17/99-11/25/99	Capricorn	05/04/00-06/15/00	Gemini
11/26/99-01/03/00	Aquarius	06/16/00-07/31/00	Cancer
01/04/00-02/11/00	Pisces	08/01/00-09/16/00	Leo
02/12/00-03/22/00	Aries	09/17/00-11/03/00	Virgo
03/23/00-05/03/00	Taurus	11/04/00-12/22/00	Libra

# Appendix 2

## MOON TABLES

January 1987

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Aquarius	neutral		6:54 AM
<i>1</i>	Aquarius	neutral		
<b>3</b>	Pisces	negative	1:08 AM	7:37 AM
<b>4</b>	Pisces	negative		
<b>5</b>	Aries	neutral	8:42 AM	11:52 AM
<b>6</b>	Aries	neutral		
<b>7</b>	Aries	neutral	8:37 AM	8:14 PM
<b>8</b>	Taurus	neutral		
<b>9</b>	Taurus	neutral	9:31 AM	
10	Gemini	positive		7:40 AM
11	Gemini	positive		
12	Gemini	positive	8:42 AM	8:19 PM
13	Cancer	negative		
14	Cancer	negative		
15	Leo	positive	1:04 AM	8:46 AM
16	Leo	positive		
<b>17</b>	Leo	positive	9:32 AM	8:16 PM
18	Virgo	negative		
<b>19</b>	Virgo	negative		
20	Libra	negative	5:52 AM	6:10 AM
21	Libra	negative		
22	Libra	negative	4:08 AM	1:31 PM
23	Scorpio	negative		
24	Scorpio	negative	3:34 AM	5:36 PM
25	Sagittarius	positive		
26	Sagittarius	positive	10:42 AM	6:43 PM
<b>27</b>	Capricorn	negative		
28	Capricorn	negative	6:32 AM	6:18 PM
<b>29</b>	Aquarius	positive		
30	Aquarius	positive	10:36 AM	6:25 PM
31	Pisces	neutral		

**PHASES**      **First Quarter: 6th**      **Full Moon: 14th**  
**Third Quarter: 22nd**      **New Moon: 29th**

## APPENDIX 2

### February 1987

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Pisces	neutral	2:47 PM	9:10 PM
2	Aries	negative		
3	Aries	negative		
4	Taurus	neutral	2:09 AM	3:54 AM
5	Taurus	neutral		
6	Taurus	neutral	3:20 AM	2:24 PM
7	Gemini	positive		
8	Gemini	positive	6:03 PM	
9	Cancer	negative		2:56 AM
10	Cancer	negative		
11	Cancer	negative	6:30 AM	3:22 PM
12	Leo	positive		
13	Leo	positive	6:18 PM	
14	Virgo	negative		2:27 AM
15	Virgo	negative		
16	Libra	negative	5:30 AM	11:45 AM
17	Libra	negative		
18	Libra	negative	6:42 PM	7:05 PM
19	Scorpio	negative		
20	Scorpio	negative	8:14 PM	
21	Sagittarius	negative		12:10 AM
22	Sagittarius	negative		
23	Capricorn	positive	12:01 AM	2:58 AM
24	Capricorn	positive		
25	Aquarius	negative	2:04 AM	4:09 AM
26	Aquarius	negative	10:58 PM	
27	Pisces	positive		5:08 AM
28	Pisces	positive		
PHASES	First Quarter:	<b>5th</b>	Full Moon:	<b>13th</b>
	Third Quarter:	<b>21st</b>	New Moon:	<b>27th</b>

## MOON TABLES

**March 1987**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
<b>1</b>	Aries	neutral	7:07 AM	7:38 AM
<b>2</b>	Aries	neutral		
<b>3</b>	Aries	neutral	6:31 AM	1:12 PM
<b>4</b>	Taums	negative	2:55 PM	
<b>5</b>	Taums	negative		10:27 PM
<b>6</b>	Gemini	neutral		
<b>7</b>	Gemini	neutral		
<b>8</b>	Cancer	positive	3:18 PM	10:25 AM
<b>9</b>	Cancer	positive		
10	Cancer	positive	1:06 AM	10:55 PM
11	Leo	negative		
12	Leo	negative		
13	Virgo	positive	9:53 AM	9:56 AM
14	Virgo	positive		
15	Virgo	positive	12:18 PM	6:35 PM
<b>16</b>	Libra	negative		
<b>17</b>	Libra	negative	6:58 PM	
18	Scorpio	negative		12:58 AM
19	Scorpio	negative		
20	Sagittarius	negative	4:13 AM	5:33 AM
21	Sagittarius	negative		
22	Capricorn	positive	3:12 AM	8:49 AM
<b>23</b>	Capricorn	positive	9:04 PM	
<b>24</b>	Aquarius	negative		11:19 AM
25	Aquarius	negative		
<b>26</b>	Aquarius	negative	9:35 AM	1:46 PM
<b>27</b>	Pisces	positive		
<b>28</b>	Pisces	positive	11:31 AM	5:13 PM
29	Aries	neutral		
<b>30</b>	Aries	neutral	4:48 PM	10:47 PM
31	Taums	negative		

<b>PHASES</b>	<b>First Quarter: 7th</b> <b>Third Quarter: 22nd</b>	<b>Full Moon: 15th</b> <b>New Moon: 29th</b>
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APPENDIX 2

April 1987

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Taums	negative		
2	Gemini	neutral	2:56 AM	7:17 AM
3	Gemini	neutral		
4	Gemini	neutral	12:00 PM	6:34 PM
5	Cancer	neutral		
6	Cancer	neutral	12:57 PM	
7	Leo	positive		7:05 AM
8	Leo	positive		
9	Leo	positive	12:03 PM	6:29 PM
10	Virgo	negative		
11	Virgo	negative		
12	Libra	positive	1:27 AM	3:06 AM
13	Libra	positive		
14	Scorpio	negative	2:51 AM	8:42 AM
15	Scorpio	negative	10:45 PM	
16	Scorpio	negative		12:02 PM
17	Sagittarius	negative		
18	Sagittarius	negative	11:10 AM	2:22 PM
19	Capricorn	negative		
20	Capricorn	negative	12:50 PM	4:46 PM
21	Aquarius	positive		
22	Aquarius	positive	2:03 PM	8:03 PM
23	Pisces	negative		
24	Pisces	negative	6:27 PM	
25	Aries	positive		12:42 AM
26	Aries	positive		
27	Taums	neutral	12:33 AM	7:07 AM
28	Taums	neutral	11:09 PM (4/27)	
29	Taums	neutral		3:44 PM
30	Gemini	negative		

**PHASES**      **First Quarter: 6th**      **Full Moon: 13th**  
**Third Quarter: 20th**      **New Moon: 27th**

# MOON TABLES

May 1987

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Gemini	negative	7:21 PM	
2	Cancer	neutral		2:40 AM
3	Cancer	neutral	8:15 AM	
4	Cancer	neutral		3:07 PM
5	Leo	positive		
6	Leo	positive	7:39 PM	
7	Virgo	negative		3:08 AM
8	Virgo	negative		
9	Virgo	negative	5:19 AM	12:30 PM
10	Libra	positive		
11	Libra	positive	11:20 AM	6:10 PM
12	Scorpio	negative		
13	Scorpio	negative	7:51 AM	8:42 PM
14	Sagittarius	negative		
15	Sagittarius	negative	6:39 PM	9:37 PM
16	Capricorn	negative		
17	Capricorn	negative	4:52 PM	10:43 PM
18	Aquarius	positive		
19	Aquarius	positive		
20	Pisces	negative	12:24 AM	1:25 AM
21	Pisces	positive	10:42 PM	
22	Aries	negative		6:24 AM
23	Aries	negative		
24	Aries	negative	5:30 AM	1:40 PM
25	Taums	positive	8:04 AM	
26	Taums	positive		10:56 PM
27	Gemini	neutral		
28	Gemini	neutral		
29	Cancer	negative	8:10 AM	10:00 AM
30	Cancer	negative		
31	Cancer	negative	3:33 AM	10:26 PM

**PHASES**      **First Quarter: 5th**      **Full Moon: 13th**  
**Third Quarter: 19th**      **New Moon: 27th**

APPENDIX 2

June 1987

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Leo	neutral		
2	Leo	neutral		
3	Virgo	positive	1:29 AM	10:57 AM
4	Virgo	positive		
5	Virgo	positive	12:14 PM	9:25 PM
6	Libra	negative		
7	Libra	negative	7:26 PM	
8	Scorpio	positive		4:07 AM
9	Scorpio	positive		
10	Sagittarius	negative	5:19 AM	6:54 AM
11	Sagittarius	negative	11:00 PM	
12	Capricorn	negative		7:06 AM
13	Capricorn	negative	7:56 PM	
14	Aquarius	negative		6:46 AM
15	Aquarius	negative	11:08 PM	
16	Pisces	positive		7:55 AM
17	Pisces	positive		
18	Aries	negative	6:03 AM	11:57 AM
19	Aries	negative		
20	Aries	negative	5:22 PM	7:10 PM
21	Taums	positive		
22	Taums	positive	11:26 AM	
23	Gemini	neutral		4:55 AM
24	Gemini	neutral		
25	Gemini	neutral	6:37 AM	4:23 PM
26	Cancer	negative		
27	Cancer	negative	7:46 PM	
28	Leo	neutral		4:53 AM
29	Leo	neutral		
30	Leo	neutral	9:17 AM	5:35 PM
<b>PHASES</b>	<b>First Quarter:</b>	<b>4th</b>	<b>Full Moon:</b>	<b>11th</b>
	<b>Third Quarter:</b>	<b>18th</b>	<b>New Moon:</b>	<b>26th</b>

## MOON TABLES

**July 1987**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Virgo	positive		
2	Virgo	positive		
3	Libra	negative	12:38 AM	4:56 AM
4	Libra	negative		
5	Libra	negative	12:56 PM	1:04 PM
6	Scorpio	negative	2:10 PM	
7	Scorpio	negative		5:06 PM
8	Sagittarius	positive		
9	Sagittarius	positive	1:08 PM	5:54 PM
10	Capricorn	negative		
11	Capricorn	negative	1:39 PM	4:50 PM
12	Aquarius	negative		
13	Aquarius	negative	12:39 PM	4:37 PM
14	Pisces	negative		
15	Pisces	negative	8:00 AM	7:01 PM
16	Aries	positive		
17	Aries	positive	9:25 PM	
18	Taurus	negative		1:05 AM
19	Taurus	negative		
20	Gemini	positive	5:01 AM	10:33 AM
21	Gemini	positive		
22	Gemini	positive	7:11 PM	10:14 PM
23	Cancer	neutral		
24	Cancer	neutral		
25	Leo	negative	8:12 AM	10:51 AM
26	Leo	negative		
27	Leo	negative	9:13 PM	11:26 PM
28	Virgo	neutral		
29	Virgo	neutral	9:36 PM	
30	Libra	positive		11:00 AM
31	Libra	positive		

<b>PHASES</b>	<b>First Quarter:</b>	<b>4th</b>	<b>Full Moon:</b>	<b>10th</b>
	<b>Third Quarter:</b>	<b>17th</b>	<b>New Moon:</b>	<b>25th</b>

*APPENDIX 2*

**August 1987**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
<b>1</b>	Libra	positive	<b>6:42 PM</b>	<b>8:10 PM</b>
<b>2</b>	Scorpio	negative		
<b>3</b>	Scorpio	negative	4:36 PM	
<b>4</b>	Sagittarius	positive		<b>1:48 AM</b>
<b>5</b>	Sagittarius	positive		
<b>6</b>	Capricorn	negative	2:57 AM	3:52 AM
<b>7</b>	Capricorn	negative		
<b>8</b>	Aquarius	negative	2:51 AM	3:38 AM
<b>9</b>	Aquarius	negative		
<b>10</b>	Pisces	negative	2:22 AM	3:02 AM
<b>11</b>	Pisces	negative	4:17 PM	
<b>12</b>	Aries	positive		<b>4:10 AM</b>
<b>13</b>	Aries	positive		
<b>14</b>	Taurus	negative	8:05 AM	8:39 AM
<b>15</b>	Taurus	negative		
<b>16</b>	Taurus	negative	<b>8:21 AM</b>	5:00 PM
<b>17</b>	Gemini	positive		
<b>18</b>	Gemini	positive		
<b>19</b>	Cancer	neutral	3:47 AM	<b>4:20 AM</b>
<b>20</b>	Cancer	neutral		
<b>21</b>	Cancer	neutral	4:25 PM	<b>4:59 PM</b>
<b>22</b>	Leo	negative		
<b>23</b>	Leo	neutral		
<b>24</b>	Virgo	negative	4:48 AM	5:24 AM
<b>25</b>	Virgo	negative		
<b>26</b>	Virgo	negative	2:25 AM	4:36 PM
<b>27</b>	Libra	neutral		
<b>28</b>	Libra	neutral		
<b>29</b>	Scorpio	positive	1:03 AM	<b>1:50 AM</b>
<b>30</b>	Scorpio	positive	7:47 AM	
<b>31</b>	Sagittarius	negative		8:25 AM
<b>PHASES</b>	<b>First Quarter:</b>	<b>2nd</b>	<b>Full Moon:</b>	<b>9th</b>
	<b>Third Quarter:</b>	<b>16th</b>	<b>New Moon:</b>	<b>24th</b>
	<b>First Quarter:</b>	<b>31st</b>		

## MOON TABLES

September 1987

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Sagittarius	negative		
<b>2</b>	Sagittarius	negative	<b>11:06 AM</b>	12:05 PM
<b>3</b>	Capricorn	positive		
<b>4</b>	Capricorn	positive	12:16 PM	1:23 PM
<b>5</b>	Aquarius	negative		
<b>6</b>	Aquarius	negative	12:21 PM	1:38 PM
<b>7</b>	Pisces	negative		
<b>8</b>	Pisces	negative	2:34 AM	2:35 PM
<b>9</b>	Aries	negative		
<b>10</b>	Aries	negative	4:05 PM	5:58 PM
<b>11</b>	Taurus	positive		
<b>12</b>	Taurus	positive	3:48 PM	
<b>13</b>	Gemini	negative		12:55 AM
<b>14</b>	Gemini	negative		
<b>15</b>	Cancer	positive	8:32 AM	11:23 AM
<b>16</b>	Cancer	positive		
<b>17</b>	Cancer	positive	8:30 PM	11:51 PM
<b>18</b>	Leo	neutral		
<b>19</b>	Leo	neutral		
<b>20</b>	Leo	neutral	8:28 AM	12:14 PM
<b>21</b>	Virgo	negative		
<b>22</b>	Virgo	negative	10:09 PM	10:59 PM
<b>23</b>	Libra	neutral		
<b>24</b>	Libra	neutral		
<b>25</b>	Scorpio	positive	3:06 AM	7:31 AM
<b>26</b>	Scorpio	positive		
<b>27</b>	Scorpio	positive	12:35 AM	1:05 PM
<b>28</b>	Sagittarius	negative		
<b>29</b>	Sagittarius	negative	1:12 PM	6:09 PM
<b>30</b>	Capricorn	positive		

**PHASES**      **Full Moon:**      **7th**      **First Quarter:**      **14th**  
                  **New Moon:**      **22th**      **Third Quarter:**      **30nd**

*APPENDIX 2*

**October 1987**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
<b>1</b>	Capricorn	positive	3:37 PM	8:52 PM
<b>2</b>	Aquarius	negative		
<b>3</b>	Aquarius	negative	5:03 PM	10:40 PM
<b>4</b>	Pisces	negative		
<b>5</b>	Pisces	negative	9:41 PM	
<b>6</b>	Aries	negative		12:36 AM
<b>7</b>	Aries	negative	10:00 PM	
<b>8</b>	Taurus	positive	10:01 PM	3:58 AM
<b>9</b>	Taurus	negative		
10	Gemini	positive		10:04 AM
11	Gemini	positive		
12	Gemini	positive	10:40 AM	7:32 PM
13	Cancer	negative		
14	Cancer	negative	9:46 PM	
15	Leo	positive		7:35 AM
16	Leo	positive		
<b>17</b>	Leo	positive	9:43 AM	
18	Virgo	neutral		8:07 PM
19	Virgo	neutral	6:43 PM	
20	Libra	negative		6:51 AM
21	Libra	negative		
22	Libra	negative	12:29 PM	2:42 PM
23	Scorpio	neutral	8:06 PM	
24	Scorpio	neutral		7:58 PM
25	Sagittarius	positive		
26	Sagittarius	positive	1:16 PM	11:34 PM
<b>27</b>	Capricorn	negative		
28	Capricorn	negative	3:08 PM	
29	Aquarius	positive		2:28 AM
30	Aquarius	positive	9:09 PM	
31	Pisces	negative		5:20 AM

**PHASES**      **Full Moon:**      **6th**      **Third Quarter:**      **14th**  
**New Moon:**      **22nd**      **First Quarter:**      **29th**

# MOON TABLES

November **1987**

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Pisces	negative		
2	Aries	negative	5:24 AM	8:41 AM
3	Aries	negative		
4	Aries	negative	8:58 AM	1:03 PM
5	Taums	negative	11:47 AM	
6	Taums	negative		7:17 PM
7	Gemini	positive		
8	Gemini	positive		
9	Cancer	negative	12:36 AM	4:11 AM
10	Cancer	negative		
11	Cancer	negative	3:40 PM	3:46 PM
12	Leo	positive		
13	Leo	positive	6:06 PM	
14	Virgo	neutral		4:30 AM
15	Virgo	neutral		
16	Virgo	neutral	6:06AM	3:49 PM
17	Libra	negative		
18	Libra	negative	5:39 PM	11:48 PM
19	Scorpio	neutral		
20	Scorpio	neutral		
21	Sagittarius	positive	1:34 AM	4:17 AM
22	Sagittarius	positive		
23	Capricorn	negative	5:48 AM	6:33 AM
24	Capricorn	positive	4:27 PM	
25	Aquarius	negative		8:13 AM
26	Aquarius	negative		
27	Pisces	positive	9:42 AM	10:41 AM
28	Pisces	positive		
29	Pisces	positive	7:06 AM	2:37 PM
30	Aries	negative		

**PHASES**      **Full Moon:**          **5th**      **Third Quarter:**    **13th**  
                          **New Moon:**                **21st**      **First Quarter:**     **27th**



*APPENDIX 2*

**December 1987**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
<b>1</b>	Aries	negative	12:36 PM	8:06 PM
<b>2</b>	Taurus	negative	4:17 PM	
<b>3</b>	Taurus	negative		
<b>4</b>	Gemini	negative		3:14 AM
<b>5</b>	Gemini	negative		
<b>6</b>	Gemini	negative	4:50 AM	12:21 PM
<b>7</b>	Cancer	positive		
<b>8</b>	Cancer	positive	3:23 AM	11:41 PM
<b>9</b>	Leo	negative		
<b>10</b>	Leo	negative		
<b>11</b>	Leo	negative	5:14 AM	12:31 PM
<b>12</b>	Virgo	positive		
<b>13</b>	Virgo	positive	5:56 PM	
<b>14</b>	Libra	neutral		12:41 AM
<b>15</b>	Libra	neutral		
<b>16</b>	Scorpio	negative	3:40 AM	9:42 AM
<b>17</b>	Scorpio	negative		
<b>18</b>	Scorpio	negative	6:33 AM	2:34 PM
<b>19</b>	Sagittarius	neutral		
<b>20</b>	Sagittarius	neutral	1:26 PM	4:08 PM
<b>21</b>	Capricorn	positive		
<b>22</b>	Capricorn	positive	12:03 AM	4:21 PM
<b>23</b>	Aquarius	negative		
<b>24</b>	Aquarius	negative	12:36 PM	5:11 PM
<b>25</b>	Pisces	positive		
<b>26</b>	Pisces	positive	3:30 PM	8:06 PM
<b>27</b>	Aries	negative		
<b>28</b>	Aries	negative	9:06 PM	
<b>29</b>	Taurus	negative		1:37 AM
<b>30</b>	Taurus	negative	10:51 PM	
<b>31</b>	Gemini	negative		9:30 AM

<b>PHASES</b>	<b>Full Moon:</b>	<b>5th</b>	<b>Third Quarter:</b>	<b>13th</b>
	<b>New Moon:</b>	<b>20th</b>	<b>First Quarter:</b>	<b>27th</b>

## MOON TABLES

### January 1988

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Gemini	negative		
<b>2</b>	Gemini	negative	2:56 PM	7:17 PM
<b>3</b>	Cancer	positive		
<b>4</b>	Cancer	positive		
<b>5</b>	Leo	negative	2:21 AM	6:48 AM
<b>6</b>	Leo	negative		
<b>7</b>	Leo	negative	6:43 PM	7:36 PM
<b>8</b>	Virgo	negative		
<b>9</b>	Virgo	negative		
<b>10</b>	Libra	positive	4:44 AM	8:18 AM
<b>11</b>	Libra	positive		
<b>12</b>	Libra	positive	3:34 PM	6:40 PM
<b>13</b>	Scorpio	neutral		
<b>14</b>	Scorpio	neutral		
<b>15</b>	Sagittarius	negative	12:00 AM	12:59 AM
<b>16</b>	Sagittarius	negative		
<b>17</b>	Capricorn	neutral	1:00 AM	3:16 AM
<b>18</b>	Capricorn	neutral		
<b>19</b>	Aquarius	positive	12:26 AM	3:03 AM
<b>20</b>	Aquarius	positive		
<b>21</b>	Pisces	negative	12:34 AM	2:27 AM
<b>22</b>	Pisces	negative		
<b>23</b>	Aries	positive	1:44 AM	3:32 AM
<b>24</b>	Aries	positive		
<b>25</b>	Taurus	negative	5:54 AM	7:37 AM
<b>26</b>	Taurus	negative		
<b>27</b>	Taurus	negative	5:37 AM	3:03 PM
<b>28</b>	Gemini	negative		
<b>29</b>	Gemini	negative	11:47 PM	
<b>30</b>	Cancer	negative		1:12 AM
<b>31</b>	Cancer	negative	11:55 PM	

PHASES      **Full Moon:**          **3rd**          **Third Quarter:** **12th**  
                  **New Moon:**          **19th**          **First Quarter:** **25th**

## APPENDIX 2

February 1988

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Cancer	negative		1:07 PM
2	Leo	positive		
3	Leo	positive		
4	Virgo	negative	12:58 AM	1:55 AM
5	Virgo	negative		
6	Virgo	negative	1:54 PM	2:37 PM
7	Libra	positive		
8	Libra	positive		
9	Scorpio	neutral	1:14 AM	1:43 AM
10	Scorpio	neutral	6:51 PM	
11	Sagittarius	negative		9:37 AM
12	Sagittarius	negative		
13	Sagittarius	negative	1:35 PM	1:37 PM
14	Capricorn	neutral		
15	Capricorn	neutral	7:38 AM	2:26 PM
16	Aquarius	positive		
17	Aquarius	positive	10:55 AM	1:45 PM
18	Pisces	negative		
19	Pisces	negative	10:33 AM	1:36 PM
20	Aries	positive		
21	Aries	positive	3:10 PM	3:51 PM
22	Taurus	positive	2:14 PM	
23	Taurus	positive		9:43 PM
24	Gemini	negative		
25	Gemini	negative		
26	Cancer	negative	2:45 PM	7:13 AM
27	Cancer	negative		
28	Cancer	negative	3:37 PM	7:13 PM
29	Leo	negative		
PHASES	Full Moon:	2nd	Third Quarter:	10th
	New Moon:	17th	First Quarter:	24th

# MOON TABLES

## March 1988

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Leo	negative		
<b>2</b>	Virgo	positive	5:33 AM	8:07 AM
<b>3</b>	Virgo	positive	<b>11:02 AM</b>	
<b>4</b>	Virgo	positive		8:33 PM
<b>5</b>	Libra	negative		
<b>6</b>	Libra	negative		
<b>7</b>	Scorpio	positive	7:00 AM	7:28 AM
<b>8</b>	Scorpio	positive		
<b>9</b>	Scorpio	positive	12:18 AM	4:00 PM
10	Sagittarius	neutral		
11	Sagittarius	neutral	<b>11:27 AM</b>	9:32 PM
12	Capricorn	negative		
13	Capricorn	negative	1:12 PM	
<b>14</b>	Aquarius	neutral		12:09 AM
15	Aquarius	neutral		
<b>16</b>	Pisces	positive	12:18AM	12:43 AM
<b>17</b>	Pisces	positive	9:03 PM	
18	Aries	negative		12:46 AM
<b>19</b>	Aries	negative	5:21 AM	
<b>20</b>	Taums	positive		2:06 AM
21	Taums	positive	10:52 AM	
22	Gemini	negative	<b>11:28 PM</b>	6:22 AM
23	Gemini	negative		
<b>24</b>	Gemini	negative		2:28 PM
<b>25</b>	Cancer	negative		
<b>26</b>	Cancer	negative	10:40 AM	
<b>27</b>	Leo	negative		1:55 AM
28	Leo	negative		
<b>29</b>	Leo	negative	4:00 AM	2:50 PM
<b>30</b>	Virgo	positive		
31	Virgo	positive	10:01 PM	

**PHASES**      **Full Moon:**            **3rd**            **Third Quarter:** **11th**  
                  **New Moon:**            **17th**            **First Quarter:** **24th**

APPENDIX 2

April 1988

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Libra	negative		3:06 AM
2	Libra	negative		
3	Libra	negative	9:11 AM	1:27 PM
4	Scorpio	positive		
5	Scorpio	positive	8:27 PM	9:30 PM
6	Sagittarius	neutral		
7	Sagittarius	positive	5:45 AM	
8	Capricorn	neutral		3:20 AM
9	Capricorn	neutral	2:22 PM	
10	Aquarius	negative		7:11 AM
11	Aquarius	negative	8:46 PM	
12	Pisces	neutral		9:25 AM
13	Pisces	neutral	4:43 PM	
14	Aries	positive		10:48 AM
15	Aries	positive		
16	Aries	positive	7:01 AM	12:32 PM
17	Taurus	negative	8:10 AM	
18	Taurus	negative		4:11 PM
19	Gemini	positive	6:41 PM	
20	Gemini	positive		11:05 PM
21	Cancer	negative	9:03 PM	
22	Cancer	negative		
23	Leo	negative		9:35 AM
24	Leo	negative	11:30 PM	
25	Leo	negative		10:17 PM
26	Virgo	negative		
27	Virgo	negative	4:10 PM	
28	Libra	positive		10:38 AM
29	Libra	positive		
30	Libra	positive	6:22 AM	11:40 PM
PHASES	<b>Full Moon:</b>	<b>2nd</b>	<b>Third Quarter:</b>	<b>9th</b>
	<b>New Moon:</b>	<b>16th</b>	<b>First Quarter:</b>	<b>23rd</b>

# MOON TABLES

May 1988

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Scorpio	negative		
<b>2</b>	Scorpio	negative	10:08 PM	
<b>3</b>	Sagittarius	positive		3:53 AM
<b>4</b>	Sagittarius	positive		
<b>5</b>	Capricorn	neutral	12:44 AM	8:55 AM
<b>6</b>	Capricorn	neutral	1:20 PM	
<b>7</b>	Capricorn	neutral		12:38 PM
<b>8</b>	Aquarius	negative		
<b>9</b>	Aquarius	negative	11:25 AM	3:40 PM
10	Pisces	neutral		
11	Pisces	neutral	3:39 PM	6:24 PM
12	Aries	positive		
13	Aries	positive	7:51 PM	9:23 PM
<b>14</b>	Taums	negative		
15	Taums	negative	6:19 PM	
<b>16</b>	Gemini	positive		1:32 AM
<b>17</b>	Gemini	positive		
<b>18</b>	Cancer	negative	3:21 AM	8:06 AM
<b>19</b>	Cancer	negative	3:51 PM	
20	Cancer	negative		5:52 PM
21	Leo	negative		
22	Leo	negative	5:18 PM	
23	Virgo	negative		6:13 AM
<b>24</b>	Virgo	negative		
25	Virgo	negative	9:16 AM	6:50 PM
<b>26</b>	Libra	negative		
<b>27</b>	Libra	negative		
<b>28</b>	Scorpio	positive	5:01 AM	5:07 AM
<b>29</b>	Scorpio	positive	4:18 PM	
<b>30</b>	Sagittarius	negative		11:58 AM
31	Sagittarius	negative		
<b>PHASES</b>	<b>Full Moon:</b>	<b>1st</b>	<b>Third Quarter:</b>	<b>8th</b>
	<b>New Moon:</b>	<b>15th</b>	<b>First Quarter:</b>	<b>23rd</b>
	<b>Full Moon:</b>	<b>31st</b>		

*APPENDIX 2*

**June 1988**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Sagittarius	negative	3:37 PM	3:59 PM
2	Capricorn	positive		
3	Capricorn	positive	1:51 AM	6:35 PM
4	Aquarius	neutral		
5	Aquarius	neutral	8:23 PM	9:01 PM
6	Pisces	neutral		
7	Pisces	neutral	11:17 PM	
8	Aries	neutral		12:05 AM
9	Aries	neutral		
10	Taurus	positive	4:02 AM	4:03 AM
11	Taurus	positive	6:56 PM	
12	Gemini	negative		9:15 AM
13	Gemini	negative		
14	Gemini	negative	3:42 PM	4:20 PM
15	Cancer	positive		
16	Cancer	positive	12:22 PM	
17	Leo	negative		1:58 AM
18	Leo	negative		
19	Leo	negative	12:39 PM	2:04 PM
20	Virgo	negative		
21	Virgo	negative		
22	Libra	negative	1:11 AM	2:58 AM
23	Libra	negative		
24	Libra	negative	11:57 AM	1:59 PM
25	Scorpio	positive		
26	Scorpio	positive	12:41 PM	9:19 PM
27	Sagittarius	negative		
28	Sagittarius	negative	10:49 PM	
29	Capricorn	positive		1:01 AM
30	Capricorn	positive	8:04 PM	

PHASES      **Third Quarter: 7th**      **New Moon: 14th**  
                  **First Quarter: 22nd**      **Full Moon: 29th**

## MOON TABLES

**July 1988**

	SIGN	MARS RELATION	VOID OF COURSE BEGLN	END
1	Aquarius	neutral		2:30 AM
2	Aquarius	neutral		
3	Pisces	negative	1:09 AM	3:34 AM
4	Pisces	negative		
5	Aries	neutral	3:00 AM	5:38 AM
6	Aries	neutral		
7	Taurus	positive	6:35 AM	9:28 AM
8	Taurus	positive		
9	Taurus	positive	11:42 AM	3:17 PM
10	Gemini	negative		
11	Gemini	negative	10:51 PM	11:09 PM
12	Cancer	positive		
13	Cancer	positive		
14	Leo	positive	6:34 AM	9:12 AM
15	Leo	positive		
16	Leo	positive	7:32 PM	9:18 PM
17	Virgo	negative		
18	Virgo	negative		
19	Libra	negative	9:32 AM	10:23 AM
20	Libra	negative		
21	Libra	negative	9:15 PM	10:14 PM
22	Scorpio	negative		
23	Scorpio	negative	11:00AM	
24	Sagittarius	positive		6:43 AM
25	Sagittarius	positive		
26	Capricorn	negative	7:15 AM	11:08 AM
27	Capricorn	negative		
28	Capricorn	negative	11:47 AM	12:26 PM
29	Aquarius	positive		
30	Aquarius	positive	8:32 AM	12:24 PM
31	Pisces	neutral		

<b>PHASES</b>	<b>Third Quarter: 6th</b> <b>First Quarter: 21st</b>	<b>New Moon:</b> <b>Full Moon:</b>	<b>13th</b> <b>28th</b>
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*APPENDIX 2*

**August 1988**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE</b>	
			<b>BEGIN</b>	<b>END</b>
<b>1</b>	Pisces	neutral	8:51 AM	1:54 PM
<b>2</b>	Aries	negative		
<b>3</b>	Aries	negative	<b>11:04</b> AM	3:25 PM
<b>4</b>	Taums	neutral	5:08 PM	
<b>5</b>	Taums	neutral		8:44 PM
<b>6</b>	Gemini	positive		
<b>7</b>	Gemini	positive	<b>11:51</b> PM	
<b>8</b>	Cancer	negative	<b>11:56</b> PM	4:53 AM
<b>9</b>	Cancer	negative		
10	Cancer	negative		3:27 PM
11	Leo	positive		
12	Leo	positive	10:14 PM	
13	Virgo	negative		3:47 AM
14	Virgo	negative		
15	Virgo	negative	11:13 AM	4:53 PM
<b>16</b>	Libra	negative		
<b>17</b>	Libra	negative	<b>11:38</b> PM	
18	Scorpio	negative		5:13 AM
<b>19</b>	Scorpio	negative		
20	Scorpio	negative	10:52 AM	2:56 PM
21	Sagittarius	positive		
22	Sagittarius	positive	3:50 PM	8:50 PM
23	Capricorn	negative		
24	Capricorn	negative	7:18 AM	11:06 PM
25	Aquarius	positive		
<b>26</b>	Aquarius	positive	6:25 PM	11:02 PM
<b>27</b>	Pisces	neutral		
28	Pisces	neutral	6:05 PM	10:30 PM
<b>29</b>	Aries	negative		
30	Aries	negative	6:29 PM	11:23 PM
31	Taums	neutral		

<b>PHASES</b>	<b>Third Quarter:</b>	<b>4th</b>	<b>New Moon:</b>	<b>12th</b>
	<b>First Quarter:</b>	<b>20th</b>	<b>Full Moon:</b>	<b>27th</b>

# MOON TABLES

September 1988

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Taurus	neutral	4:54 PM	
2	Gemini	positive		3:12 AM
3	Gemini	positive		
4	Cancer	negative	5:01 AM	10:38 AM
5	Cancer	negative		
6	Cancer	negative	8:21 PM	9:15 PM
7	Leo	positive		
8	Leo	positive		
9	Virgo	negative	3:49 AM	9:49 AM
10	Virgo	negative		
11	Virgo	negative	4:54 PM	10:52 PM
12	Libra	negative		
13	Libra	negative		
14	Scorpio	negative	5:20 AM	11:08 AM
15	Scorpio	negative		
16	Scorpio	negative	9:53 AM	9:26 PM
17	Sagittarius	positive		
18	Sagittarius	positive	11:36 PM	
19	Capricorn	negative		4:46 AM
20	Capricorn	negative		
21	Aquarius	positive	6:32 AM	8:44 AM
22	Aquarius	positive		
23	Pisces	neutral	5:20 AM	9:52 AM
24	Pisces	neutral		
25	Aries	negative	5:06 AM	9:30 AM
26	Aries	negative		
27	Taurus	neutral	5:02 AM	9:30 AM
28	Taurus	neutral		
29	Gemini	positive	1:20 AM	11:44 AM
30	Gemini	positive		

<b>PHASES</b>	<b>Third Quarter:</b>	<b>2nd</b>	New Moon:	<b>10th</b>
	<b>First Quarter:</b>	<b>18th</b>	<b>Full Moon:</b>	<b>25th</b>

*APPENDIX 2*

**October 1988**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
1	Gemini	positive	1:42 PM	5:39 PM
2	Cancer	negative		
3	Cancer	negative	6:35 PM	
4	Leo	positive		3:32 AM
5	Leo	positive		
6	Leo	positive	10:51 AM	4:02 PM
7	Virgo	negative		
8	Virgo	negative		
9	Libra	negative	12:04 AM	5:04 AM
10	Libra	negative		
11	Libra	negative	12:15 PM	4:59 PM
12	Scorpio	negative	3:40 PM	
13	Scorpio	negative		
14	Sagittarius	positive		2:59 AM
15	Sagittarius	positive		
16	Capricorn	negative	6:40 AM	10:45 AM
17	Capricorn	negative		
18	Capricorn	negative	8:02 AM	4:06 PM
19	Aquarius	positive		
20	Aquarius	positive	3:40 PM	6:59 PM
21	Pisces	neutral		
22	Pisces	neutral	5:01 PM	8:00 PM
23	Aries	negative		
24	Aries	neutral	5:40 PM	8:23 PM
25	Taurus	positive		
26	Taurus	positive	9:45 PM	9:56 PM
27	Gemini	negative		
28	Gemini	negative		
29	Cancer	positive	2:17 AM	2:29 AM
30	Cancer	positive		
31	Leo	negative	10:59 AM	11:04 AM

<b>PHASES</b>	<b>Third Quarter: 2nd</b>	<b>New Moon: 10th</b>
	<b>First Quarter: 18th</b>	<b>Full Moon: 24th</b>

# MOON TABLES

November 1988

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Leo	negative		
2	Leo	positive	9:14 PM	11:03 PM
3	Virgo	negative		
4	<b>Virgo</b>	negative		
5	Virgo	negative	10:46 AM	12:05 PM
6	Libra	negative		
7	Libra	negative	10:59 PM	11:47 PM
8	Scorpio	negative		
9	Scorpio	negative	9:21 AM	
10	Sagittarius	positive		9:07 AM
11	Sagittarius	positive		
12	Sagittarius	positive	2:16 PM	4:13 PM
13	Capricorn	negative		
14	Capricorn	negative	8:13 AM	9:37 PM
15	Aquarius	positive		
16	Aquarius	positive		
17	Pisces	neutral	12:07 AM	1:35 AM
18	Pisces	neutral		
19	Aries	negative	2:59 AM	4:13 AM
20	Aries	negative		
21	Taurus	neutral	5:00 PM	6:03 AM
22	Taurus	neutral		
23	Gemini	positive	2:34 AM	8:12 AM
24	Gemini	positive		
25	Gemini	positive	11:38 AM	12:20 PM
26	Cancer	negative	12:40 PM	
27	Cancer	negative		7:53 PM
28	Leo	positive		
29	Leo	positive		
30	Virgo	negative	6:45 AM	7:00 AM
<b>PHASES</b>		Third Quarter: <b>1st</b> First Quarter: <b>16th</b>	New Moon: <b>Full Moon:</b>	<b>9th</b> 23rd

APPENDIX 2

December 1988

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Virgo	negative		
2	Virgo	negative	7:22 PM	7:57 PM
3	Libra	negative	11:50 PM	
4	Libra	negative		
5	Scorpio	negative		7:52 AM
6	Scorpio	negative		
7	Scorpio	negative	3:16 PM	4:56 PM
8	Sagittarius	positive		
9	Sagittarius	positive	9:27 AM	11:08 PM
10	Capricorn	negative		
11	Capricorn	negative		
12	Aquarius	positive	12:58 AM	3:26 AM
13	Aquarius	positive		
14	Pisces	neutral	4:02 AM	6:54 AM
15	Pisces	neutral		
16	Aries	negative	7:27 AM	10:04 AM
17	Aries	negative		
18	Aries	negative	7:47 AM	1:12 PM
19	Taurus	neutral		
20	Taurus	neutral	12:39 PM	4:44 PM
21	Gemini	positive	7:27 PM	
22	Gemini	positive		9:36 PM
23	Cancer	negative		
24	Cancer	negative	11:45 PM	
25	Leo	positive		4:58 AM
26	Leo	positive		
27	Leo	positive	9:35 AM	3:28 PM
28	Virgo	negative		
29	Virgo	negative	9:46 PM	
30	Libra	negative		4:10 AM
31	Libra	negative		
<b>PHASES</b>	<b>Third Quarter:</b>	<b>1st</b>	<b>New Moon:</b>	<b>9th</b>
	<b>First Quarter:</b>	<b>16th</b>	<b>Full Moon:</b>	<b>23rd</b>

## MOON TABLES

January 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Libra	negative	1:35 PM	4:35 PM
2	Scorpio	negative		
3	Scorpio	negative	7:45 PM	
4	Sagittarius	positive		2:13 AM
5	Sagittarius	positive	10:04 PM	
6	Capricorn	negative		8:15 AM
7	Capricorn	negative		
8	Aquarius	positive	5:12 AM	11:31 AM
9	Aquarius	positive		
10	Aquarius	positive	7:18 AM	1:32 PM
11	Pisces	neutral		
12	Pisces	neutral	9:13 AM	3:37 PM
13	Aries	negative		
14	Aries	negative	2:19 PM	6:37 PM
15	Taums	neutral		
16	Taums	neutral	5:16 PM	10:58 PM
17	Gemini	positive	7:30 PM	
18	Gemini	positive		
19	Cancer	positive		4:58 AM
20	Cancer	positive		
21	Cancer	positive	5:37 AM	1:03 PM
22	Leo	negative		
23	Leo	negative	3:51 PM	11:33 PM
24	Virgo	positive		
25	Virgo	positive		
26	Virgo	positive	4:13 AM	12:02 PM
27	Libra	negative		
28	Libra	negative		
29	Scorpio	negative	12:41 AM	12:50 AM
30	Scorpio	negative		
31	Sagittarius	negative	7:31 AM	11:31 AM

PHASES	New Moon:	7th	First Quarter:	<b>14th</b>
	Full Moon:	21st	<b>Third Quarter:</b>	<b>29th</b>

*APPENDIX 2*

February 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Sagittarius	negative	11:28 AM	6:31 PM
2	Sagittarius	negative		
3	Capricorn	positive		
4	Capricorn	positive	4:02 PM	9:52 PM
5	Aquarius	negative		
6	Aquarius	negative	5:25 PM	10:53 PM
7	Pisces	positive		
8	Pisces	positive	6:02 PM	11:19 PM
9	Aries	neutral		
10	Aries	neutral	8:33 PM	
11	Taurus	negative		12:46 AM
12	Taurus	negative		
13	Gemini	neutral	2:27 AM	4:23 AM
14	Gemini	neutral		
15	Cancer	positive	4:33 AM	10:41 AM
16	Cancer	positive		
17	Cancer	positive	2:37 PM	7:34 PM
18	Leo	negative		
19	Leo	negative		
20	Virgo	positive	1:57 AM	6:35 AM
21	Virgo	positive		
22	Virgo	positive	2:54 PM	7:06 PM
23	Libra	negative		
24	Libra	negative		
25	Scorpio	negative	1:51 AM	7:58 AM
26	Scorpio	negative		
27	Scorpio	negative	4:36 PM	7:30 PM
28	Sagittarius	negative		
PHASES	New Moon:	6th	First Quarter:	12th
	Full Moon:	20th	Third Quarter:	28th

# MOON TABLES

## March 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Sagittarius	negative	2:38 AM	3:59 AM
<b>2</b>	Capricorn	positive		
<b>3</b>	Capricorn	positive		
<b>4</b>	Aquarius	negative	7:04 AM	8:37 AM
<b>5</b>	Aquarius	negative		
<b>6</b>	Pisces	positive	8:58 AM	10:00 AM
<b>7</b>	Pisces	positive		
<b>8</b>	Aries	neutral	9:03 AM	9:37 AM
<b>9</b>	Aries	neutral		
10	Taurus	negative	9:00 AM	9:26 AM
11	Taurus	neutral	8:48 PM	
12	Gemini	negative		11:17AM
13	Gemini	negative		
14	Gemini	negative	5:12 AM	4:28 PM
15	Cancer	neutral		
<b>16</b>	Cancer	neutral	6:08 PM	
<b>17</b>	Leo	positive		1:14 AM
18	Leo	positive	6:35 AM	
19	Leo	positive		12:40 PM
20	Virgo	negative		
21	Virgo	negative	9:10 PM	
22	Libra	positive		1:25 AM
23	Libra	positive	4:09 AM	
24	Libra	positive		2:11 PM
25	Scorpio	negative		
<b>26</b>	Scorpio	negative	9:10 PM	
<b>27</b>	Sagittarius	negative	9:51 PM	1:55 AM
28	Sagittarius	negative		
29	Capricorn	negative		11:26 AM
30	Capricorn	negative	2:30 PM	
31	Capricorn	negative		5:46 PM

**PHASES**      **New Moon:**            **7th**            **First Quarter:**    **14th**  
                         **Full Moon:**                **22nd**            **Third Quarter:**    **30th**



## APPENDIX 2

April 1989

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Aquarius	positive	7:01 PM	
2	Aquarius	positive		8:38 PM
3	Pisces	negative	8:21 PM	
4	Pisces	negative		8:52 PM
5	Aries	positive		
6	Aries	positive	1:40 AM	8:08 PM
7	Taums	neutral	7:17 PM	
8	Taums	neutral		8:32 PM
9	Gemini	negative		
10	Gemini	negative	8:58 PM	11:59 PM
11	Cancer	neutral		
12	Cancer	neutral	10:32 PM	
13	Leo	positive		7:32 AM
14	Leo	positive		
15	Leo	positive	3:59 PM	6:40 PM
16	Virgo	negative		
17	Virgo	negative	5:23 PM	
18	Libra	positive		7:32 AM
19	Libra	positive		
20	Libra	positive	9:35 AM	8:14 PM
21	Scorpio	negative		
22	Scorpio	negative	12:55 PM	
23	Sagittarius	negative		7:39 AM
24	Sagittarius	negative		
25	Sagittarius	negative	1:16 PM	5:16 PM
26	Capricorn	negative		
27	Capricorn	negative	8:58 PM	
28	Aquarius	positive		12:34 AM
29	Aquarius	negative	3:46 AM	
30	Pisces	positive		5:04 AM

PHASES	New Moon:	<b>5th</b>	<b>First Quarter:</b>	<b>12th</b>
	Full Moon:	<b>20th</b>	<b>Third Quarter:</b>	<b>28th</b>

# MOON TABLES

May 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Pisces	positive	11:33 AM	
2	Aries	negative		6:52 AM
3	Aries	negative	5:09 AM	
4	Taurus	positive		6:56 AM
5	Taurus	positive	8:41 PM	
6	Gemini	neutral		7:04 AM
7	Gemini	neutral	1:02 AM	
8	Cancer	negative		9:20 PM
9	Cancer	negative		
10	Cancer	negative	2:19 PM	3:24 PM
11	Leo	neutral		
12	Leo	neutral	9:20 AM	
13	Virgo	positive		1:31 AM
14	Virgo	positive		
15	Virgo	positive	12:52 AM	2:08 PM
16	Libra	negative	5:30 PM	
17	Libra	negative		
18	Scorpio	positive		2:48 AM
19	Scorpio	positive		
20	Scorpio	positive	1:17 PM	1:53 PM
21	Sagittarius	negative	5:13 PM	
22	Sagittarius	negative		10:55 PM
23	Capricorn	negative		
24	Capricorn	negative	3:47 AM	
25	Aquarius	negative		4:02 AM
26	Aquarius	negative	4:16 PM	
27	Pisces	positive		11:14 AM
28	Pisces	positive		
29	Pisces	positive	1:49 PM	2:26 PM
30	Aries	negative		
31	Aries	negative	7:35 AM	4:00 PM

PHASES	New Moon:	5th	First Quarter:	12th
	Full Moon:	20th	Third Quarter:	27th

APPENDIX 2

June 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Taums	positive		
2	Taums	positive	2:24 PM	5:03 PM
3	Gemini	neutral	9:45 PM	
4	Gemini	neutral		7:18 PM
5	Cancer	negative		
6	Cancer	negative	9:19 PM	
7	Leo	neutral		12:29 AM
8	Leo	neutral		
9	Virgo	positive	7:10 AM	9:03 AM
10	Virgo	positive		
11	Virgo	positive	9:15 PM	9:32 PM
12	Libra	negative		
13	Libra	negative		
14	Scorpio	positive	7:37 AM	10:12 AM
15	Scorpio	positive	1:01 PM	
16	Scorpio	negative		9:13 PM
17	Sagittarius	positive		
18	Sagittarius	positive		
19	Capricorn	negative	1:58 AM	4:42 AM
20	Capricorn	negative	5:46 PM	
21	Aquarius	negative		11:58 AM
22	Aquarius	negative		
23	Aquarius	negative	2:14 AM	4:37 PM
24	Pisces	negative		
25	Pisces	negative	12:43 PM	8:07 PM
26	Aries	positive		
27	Aries	positive	8:12 PM	10:46 PM
28	Taums	negative	7:48 PM	
29	Taums	negative		
30	Gemini	positive		1:09 AM

PHASES      New Moon:          3rd      First Quarter:    11th  
                  Full Moon:          19th      Third Quarter:    26th

# MOON TABLES

July 1989

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Gemini	positive	5:27 PM	
2	Cancer	neutral		4:20 AM
3	Cancer	neutral	2:11 AM	
4	Leo	negative		9:38 AM
5	Leo	negative		
6	Leo	negative	7:56 AM	6:05 PM
7	Virgo	neutral		
8	Virgo	neutral	8:03 PM	
9	Libra	positive		5:31 AM
10	Libra	positive		
11	Libra	positive	9:50 AM	6:10 PM
12	Scorpio	negative		
13	Scorpio	negative	12:33 PM	
14	Sagittarius	positive		5:32 AM
15	Sagittarius	positive		
16	Sagittarius	positive	8:26 AM	2:02 PM
17	Capricorn	negative		
18	Capricorn	negative	1:40 PM	7:36 PM
19	Aquarius	negative		
20	Aquarius	negative	7:35 PM	11:08 PM
21	Pisces	negative		
22	Pisces	negative	10:57 PM	
23	Aries	positive		1:41 AM
24	Aries	positive		
25	Taurus	negative	2:11 AM	4:11 AM
26	Taurus	negative	11:17 PM	
27	Gemini	positive		7:16 AM
28	Gemini	positive		
29	Cancer	neutral	11:04 AM	11:33 AM
30	Cancer	neutral	9:39 AM	
31	Cancer	neutral		5:42 PM

PHASES	New Moon:	3rd	First Quarter:	10th
	Full Moon:	18th	Third Quarter:	25th

## APPENDIX 2

### August 1989

	SIGN	MARS RELATION	VOID OF COURSE BEGLN	END
1	Leo	negative		
2	Leo	negative		
3	Virgo	negative	2:00 AM	2:20 AM
4	Virgo	negative	4:59 AM	
5	Virgo	negative		1:29 PM
6	Libra	neutral	6:38 PM	
7	Libra	neutral		
8	Scorpio	positive		2:06 AM
9	Scorpio	positive	6:59 PM	
10	Scorpio	positive		2:03 PM
11	Sagittarius	negative		
12	Sagittarius	negative	11:17 AM	11:17 PM
13	Capricorn	positive		
14	Capricorn	positive	10:56 PM	
15	Aquarius	negative		5:00 AM
16	Aquarius	negative	10:08 PM	
17	Pisces	negative		7:46 AM
18	Pisces	negative	6:36 PM	
19	Aries	negative		9:00 AM
20	Aries	negative		
21	Taurus	positive	7:35 AM	10:11 AM
22	Taurus	positive		
23	Taurus	positive	7:19 AM	12:40 PM
24	Gemini	negative		
25	Gemini	negative	4:31 PM	5:14 PM
26	Cancer	positive	8:12 PM	
27	Cancer	positive		
28	Leo	neutral		12:12 AM
29	Leo	neutral	1:15 AM	
30	Virgo	negative		9:30 AM
31	Virgo	negative	9:04 PM	
PHASES	New Moon:	1st	First Quarter:	9th
	Full Moon:	16th	Third Quarter:	23rd
	New Moon:	31st		

## MOON TABLES

September 1989

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Virgo	negative		8:48 PM
2	Libra	neutral		
3	Libra	neutral	12:32 PM	
4	Scorpio	positive		9:24 AM
5	Scorpio	positive		
6	Scorpio	positive	4:52 AM	9:52 PM
7	Sagittarius	negative		
8	Sagittarius	negative		
9	Capricorn	positive	12:59 AM	8:14 AM
10	Capricorn	positive		
11	Capricorn	positive	1:30 PM	3:03 PM
12	Aquarius	negative	1:48 PM	
13	Aquarius	negative		6:08 PM
14	Pisces	negative		
15	Pisces	negative	2:45 PM	6:39 PM
16	Aries	negative	9:57 AM	
17	Aries	negative		6:23 PM
18	Taums	positive		
19	Taums	negative	1:58 PM	7:17 PM
20	Gemini	positive		
21	Gemini	positive	9:11 PM	10:51 PM
22	Cancer	negative	11:00 PM	
23	Cancer	negative		
24	Leo	positive		5:25 AM
25	Leo	positive	10:45 AM	
26	Leo	positive		3:33 PM
27	Virgo	neutral		
28	Virgo	neutral		
29	Libra	negative	10:40 PM	3:16 AM
30	Libra	negative		

<b>PHASES</b>	<b>First Quarter:</b>	<b>8th</b>	<b>Full Moon:</b>	<b>15th</b>
	<b>Third Quarter:</b>	<b>21st</b>	<b>New Moon:</b>	<b>29th</b>

## APPENDIX 2

October 1989

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Libra	negative		3:54 PM
2	Scorpio	neutral		
3	Scorpio	neutral	7:57 PM	
4	Sagittarius	positive		4:30 AM
5	Sagittarius	positive		
6	Sagittarius	positive	8:37 AM	3:46 PM
7	Capricorn	negative		
8	Capricorn	negative	8:17 PM	
9	Aquarius	positive		12:07 AM
10	Aquarius	positive	6:37 AM	
11	Pisces	negative		4:38 AM
12	Pisces	negative	4:02 AM	
13	Aries	negative		5:42 AM
14	Aries	negative	3:33 PM	
15	Taurus	negative		4:53 AM
16	Taurus	negative	3:14 AM	
17	Gemini	positive		4:20 AM
18	Gemini	positive	10:53 PM	
19	Cancer	negative		6:10 AM
20	Cancer	negative		
21	Leo	positive	8:20 AM	11:48 AM
22	Leo	positive		
23	Leo	positive	5:56 AM	9:16 PM
24	Virgo	neutral		
25	Virgo	neutral	10:24 AM	
26	Libra	negative		9:12 AM
27	Libra	negative		
28	Libra	negative	4:12 PM	9:57 PM
29	Scorpio	neutral		
30	Scorpio	neutral	3:50 AM	
31	Sagittarius	positive		10:24 AM

PHASES	First Quarter: 7th	Full Moon: 14th
	Third Quarter: 21st	New Moon: 29th

## MOON TABLES

November 1989

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Sagittarius	positive		
2	Sagittarius	positive	8:15 PM	9:47 PM
3	Capricorn	negative		
4	Capricorn	positive	2:47 AM	
5	Aquarius	negative		7:10 AM
6	Aquarius	negative	10:54 AM	
7	Aquarius	negative		1:26 PM
8	Pisces	positive	5:46 PM	
9	Pisces	positive		4:09 PM
10	Aries	negative	9:22 AM	
11	Aries	negative		4:10 PM
12	Taurus	negative		
13	Taurus	negative	3:25 AM	
14	Gemini	negative		
15	Gemini	negative	v/c con't	3:52 PM
16	Cancer	positive		
17	Cancer	positive	7:27 PM	7:46 PM
18	Leo	negative		
19	Leo	negative	11:45 PM	
20	Virgo	positive		3:55 AM
21	Virgo	positive	10:44 AM	
22	Virgo	positive		3:26 PM
23	Libra	neutral		
24	Libra	neutral	4:04 AM	
25	Scorpio	negative		4:14 AM
26	Scorpio	negative	9:21 PM	
27	Scorpio	negative		4:31 PM
28	Sagittarius	neutral		
29	Sagittarius	neutral	2:49 AM	
30	Capricorn	positive		3:27 AM
PHASES	First Quarter:	<b>6th</b>	Full Moon:	<b>13th</b>
	Third Quarter:	<b>19th</b>	New Moon:	<b>28th</b>



*APPENDIX 2*

**December 1989**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Capricorn	positive		
2	Capricorn	positive	2:19 AM	12:43 PM
3	Aquarius	negative		
4	Aquarius	negative	11:53 AM	7:49 PM
5	Pisces	positive		
6	Pisces	positive	11:05 PM	
7	Aries	negative		12:12 AM
8	Aries	negative		
9	Taums	negative	1:02 AM	2:00 AM
10	Taums	negative	6:14 PM	
11	Gemini	negative		2:16 AM
12	Gemini	negative	11:31 AM	
13	Cancer	positive		2:50 AM
14	Cancer	positive		
15	Leo	negative	2:10 AM	5:42 AM
16	Leo	negative		
17	Leo	negative	11:40 AM	12:20 AM
18	Virgo	negative		
19	Virgo	negative	6:55 PM	10:46 PM
20	Libra	positive		
21	Libra	positive	2:35 PM	
22	Scorpio	neutral		11:19 AM
23	Scorpio	neutral		
24	Scorpio	neutral	8:58 AM	11:38 PM
25	Sagittarius	negative	11:49 AM	
26	Sagittarius	negative		
27	Capricorn	neutral		10:11 AM
28	Capricorn	neutral		
29	Capricorn	neutral	10:44 AM	6:39 PM
30	Aquarius	positive		
31	Aquarius	positive	1:54 AM	
PHASES	First Quarter:	<b>5th</b>	Full Moon:	<b>12th</b>
	Third Quarter:	<b>19th</b>	New Moon:	<b>27th</b>

# MOON TABLES

## January 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Pisces	negative		1:11 AM
2	Pisces	negative	9:12 PM	
3	Aries	positive		5:57 AM
4	Aries	positive	9:51 PM	
5	Taurus	negative		9:05 AM
6	Taurus	negative	8:25 PM	
7	Gemini	negative		11:03 AM
8	Gemini	negative	12:02 PM	
9	Gemini	negative		12:53 PM
10	Cancer	negative	11:58 PM	
11	Cancer	negative		4:03 PM
12	Leo	positive		
13	Leo	positive	12:32 AM	9:58 PM
14	Virgo	negative		
15	Virgo	negative	11:00 PM	
16	Libra	positive		7:18 AM
17	Libra	positive		
18	Libra	positive	4:29 PM	7:17 PM
19	Scorpio	neutral		
20	Scorpio	neutral		
21	Sagittarius	negative	2:03 AM	7:45 AM
22	Sagittarius	negative		
23	Sagittarius	negative	10:15 AM	6:28 PM
24	Capricorn	neutral		
25	Capricorn	neutral	4:30 PM	
26	Aquarius	positive		2:26 AM
27	Aquarius	positive		
28	Pisces	negative	6:27 AM	7:52 AM
29	Pisces	positive	11:02 PM	
30	Aries	negative		11:35 AM
31	Aries	negative		
<b>PHASES</b>	<b>First Quarter:</b>	<b>4th</b>	<b>Full Moon:</b>	<b>10th</b>
	<b>Third Quarter:</b>	<b>18th</b>	<b>New Moon:</b>	<b>26th</b>

## APPENDIX 2

February 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Aries	negative	12:53 AM	2:28 PM
2	Taurus	positive		
3	Taurus	positive	2:44 AM	5:13 PM
4	Gemini	negative	8:25 PM	
5	Gemini	negative		8:28 PM
6	Cancer	negative		
7	Cancer	negative	3:11 PM	
8	Leo	negative		12:52 AM
9	Leo	negative	2:17 PM	
10	Virgo	positive		7:14 AM
11	Virgo	positive	11:12 PM	
12	Virgo	positive		4:10 PM
13	Libra	negative		
14	Libra	negative	7:41 PM	
15	Scorpio	positive		3:35 AM
16	Scorpio	positive		
17	Scorpio	positive	1:49 PM	4:08 PM
18	Sagittarius	neutral	10:51 AM	
19	Sagittarius	neutral		
20	Capricorn	negative		3:31 AM
21	Capricorn	negative		
22	Aquarius	neutral	1:43 AM	11:53 AM
23	Aquarius	neutral	7:40 PM	
24	Aquarius	neutral		4:50 PM
25	Pisces	positive		
26	Pisces	positive	2:04 PM	7:17 PM
27	Aries	negative		
28	Aries	negative	5:42 PM	8:44 PM
PHASES	First Quarter:	2nd	Full Moon:	9th
	Third Quarter:	17th	New Moon:	25th

# MOON TABLES

## March 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END	
<b>1</b>	Taurus	positive			
<b>2</b>	Taurus	positive	9:56 PM	10:38 PM	
<b>3</b>	Gemini	negative	9:06 PM		
<b>4</b>	Gemini	negative			
<b>5</b>	Cancer	negative		2:03 AM	
<b>6</b>	Cancer	negative			
<b>7</b>	Leo	negative	1:33 AM	7:25 AM	
<b>8</b>	Leo	negative	3:52 PM		
<b>9</b>	Leo	negative		2:48 PM	
<b>10</b>	Virgo	positive			
<b>11</b>	Virgo	negative	10:40 AM		
<b>12</b>	Libra	positive		12:10 AM	
<b>13</b>	Libra	positive	9:54 PM		
<b>14</b>	Scorpio	negative		11:26 AM	
<b>15</b>	Scorpio	negative			
<b>16</b>	Scorpio	negative	3:52 PM	11:57 PM	
<b>17</b>	Sagittarius	positive			
<b>18</b>	Sagittarius	positive			
<b>19</b>	Sagittarius	positive	9:40 AM	12:02 PM	
<b>20</b>	Capricorn	neutral			
<b>21</b>	Capricorn	neutral	9:54 AM	9:32 PM	
<b>22</b>	Aquarius	negative			
<b>23</b>	Aquarius	negative	5:18 AM		
<b>24</b>	Pisces	neutral		3:09 AM	
<b>25</b>	Pisces	neutral	7:34 PM		
<b>26</b>	Aries	positive		5:16 AM	
<b>27</b>	Aries	positive	8:10 PM		
<b>28</b>	Taurus	negative		5:27 AM	
<b>29</b>	Taurus	negative	8:27 PM		
<b>30</b>	Gemini	positive		5:43 AM	
<b>31</b>	Gemini	positive	10:49 PM		
<b>PHASES</b>		<b>First Quarter:</b>	<b>3rd</b>	<b>Full Moon:</b>	<b>Uth</b>
		<b>Third Quarter:</b>	<b>19th</b>	<b>New Moon:</b>	<b>26th</b>

## APPENDIX 2

April 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END	
1	Cancer	negative		7:50 AM	
2	Cancer	negative			
3	Cancer	negative	10:44 AM	<b>12:51 PM</b>	
4	Leo	negative			
5	Leo	negative	8:03 PM	8:43 PM	
6	Virgo	negative			
7	Virgo	negative	8:28 PM		
8	Libra	positive		<b>6:54 AM</b>	
9	Libra	positive			
10	Libra	positive	8:00 AM	6:19 PM	
11	Scorpio	negative			
12	Scorpio	negative	8:35 PM		
13	Sagittarius	positive		6:49 AM	
14	Sagittarius	positive			
15	Sagittarius	positive	<b>11:25 AM</b>	7:16 PM	
16	Capricorn	neutral			
17	Capricorn	neutral			
18	Aquarius	negative	2:03 AM	5:54 AM	
19	Aquarius	negative			
20	Aquarius	negative	12:43 PM	<b>12:58 PM</b>	
21	Pisces	negative			
22	Pisces	negative	8:05 AM	3:59 PM	
23	Aries	neutral			
24	Aries	neutral	8:34 AM	4:04 PM	
25	Taurus	positive			
26	Taurus	positive	7:46 AM	3:13 PM	
27	Gemini	negative			
28	Gemini	negative	5:08 AM	3:40 PM	
29	Cancer	positive			
30	Cancer	positive	12:22 PM	7:09 PM	
<b>PHASES</b>		<b>First Quarter:</b>	<b>2nd</b>	<b>Full Moon:</b>	<b>9th</b>
		<b>Third Quarter:</b>	<b>18th</b>	<b>New Moon:</b>	<b>24th</b>

# MOON TABLES

May 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Leo	negative		
2	Leo	negative	1:09 AM	
3	Virgo	negative		2:19 AM
4	Virgo	negative		
5	Virgo	negative	3:18 AM	12:29 PM
6	Libra	negative		
7	Libra	negative	3:00 PM	
8	Scorpio	positive		12:23 AM
9	Scorpio	positive		
10	Scorpio	positive	3:29 AM	12:57 PM
11	Sagittarius	negative	8:49 PM	
12	Sagittarius	negative		
13	Capricorn	positive		1:22 AM
14	Capricorn	positive		
15	Capricorn	positive	3:18 AM	12:31 PM
16	Aquarius	neutral		
17	Aquarius	neutral	2:46 PM	8:55 PM
18	Pisces	negative		
19	Pisces	negative	11:43 PM	
20	Aries	neutral		1:32 AM
21	Aries	neutral	6:53 PM	
22	Taurus	positive		2:43 AM
23	Taurus	positive	6:15 PM	
24	Gemini	negative		2:01 AM
25	Gemini	negative	7:19 PM	
26	Cancer	positive		1:35 AM
27	Cancer	positive	11:35 PM	
28	Leo	negative		3:30 AM
29	Leo	negative	7:15 AM	
30	Virgo	negative		9:09 AM
31	Virgo	negative		
<b>PHASES</b>	<b>First Quarter:</b>	<b>1st</b>	<b>Full Moon:</b>	<b>9th</b>
	<b>Third Quarter:</b>	<b>17th</b>	<b>New Moon:</b>	<b>24th</b>
	<b>First Quarter:</b>	<b>31st</b>		

## APPENDIX 2

### June 1990

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Virgo	negative	8:14 AM	6:32 PM
2	Libra	negative		
3	Libra	negative	7:34 PM	
4	Scorpio	negative		6:22 AM
5	Scorpio	negative		
6	Scorpio	negative	7:55 AM	7:00 PM
7	Sagittarius	positive		
8	Sagittarius	positive	6:02 AM	
9	Capricorn	negative		7:13 AM
10	Capricorn	negative		
11	Capricorn	negative	5:58 PM	6:10 PM
12	Aquarius	positive		
13	Aquarius	positive	12:58 PM	
14	Pisces	neutral		3:01 AM
15	Pisces	neutral	11:49 PM	
16	Aries	negative		8:56 AM
17	Aries	negative		
18	Taurus	neutral	6:54 AM	11:44 AM
19	Taurus	neutral		
20	Taurus	neutral	3:27 AM	12:15 PM
21	Gemini	positive	4:14 PM	
22	Gemini	positive		12:10 PM
23	Cancer	negative		
24	Cancer	negative	12:54 PM	1:26 PM
25	Leo	positive		
26	Leo	positive	1:29 PM	5:43 PM
27	Virgo	negative		
28	Virgo	negative	12:43 PM	
29	Libra	negative		1:48 AM
30	Libra	negative	11:02 PM	
PHASES	Foil Moon:	<b>8th</b>	Third Quarter:	<b>15th</b>
	New Moon:	<b>22nd</b>	First Quarter:	<b>29th</b>

# MOON TABLES

July 1990

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
<b>1</b>	Libra	negative		1:02 PM
<b>2</b>	Scorpio	negative		
<b>3</b>	Scorpio	negative	11:07 AM	
<b>4</b>	Sagittarius	positive		1:36 AM
<b>5</b>	Sagittarius	positive		
<b>6</b>	Sagittarius	positive	5:19 AM	1:40 PM
<b>7</b>	Capricorn	negative		
<b>8</b>	Capricorn	negative	7:26 PM	
<b>9</b>	Aquarius	positive		12:07 AM
<b>10</b>	Aquarius	positive		
<b>11</b>	Pisces	neutral	7:07 AM	8:30 AM
<b>12</b>	Pisces	positive		
<b>13</b>	Pisces	positive	12:39 AM	2:37 PM
<b>14</b>	Aries	neutral		
<b>15</b>	Aries	neutral	9:10 AM	6:30 PM
<b>16</b>	Taurus	negative		
<b>17</b>	Taurus	negative	12:03 AM	8:33 PM
<b>18</b>	Gemini	neutral		
<b>19</b>	Gemini	neutral	9:39 PM	9:45 PM
<b>20</b>	Cancer	positive		
<b>21</b>	Cancer	positive	9:55 PM	11:30 PM
<b>22</b>	Leo	negative		
<b>23</b>	Leo	negative	11:41 AM	
<b>24</b>	Virgo	positive		3:18 AM
<b>25</b>	Virgo	positive		
<b>26</b>	Libra	negative	12:50 AM	10:19 AM
<b>27</b>	Libra	negative		
<b>28</b>	Libra	negative	7:22 PM	8:40 PM
<b>29</b>	Scorpio	negative		
<b>30</b>	Scorpio	negative		
<b>31</b>	Sagittarius	positive	1:04 AM	9:01 AM

<b>PHASES</b>	<b>Full Moon:</b>	<b>7th</b>	<b>Third Quarter:</b>	<b>15th</b>
	<b>New Moon:</b>	<b>21st</b>	<b>First Quarter:</b>	<b>29th</b>



*APPENDIX 2*

**August 1990**

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Sagittarius	negative	2:49 AM	
2	Sagittarius	negative		9:09 PM
3	Capricorn	positive		
4	Capricorn	positive		
5	Aquarius	negative	1:58 AM	7:20 AM
6	Aquarius	negative	1:42 PM	
7	Aquarius	negative		2:55 PM
8	Pisces	positive		
9	Pisces	positive	5:04 PM	8:14 PM
10	Aries	neutral		
11	Aries	neutral	9:39 PM	<b>11:56 PM</b>
12	Taurus	negative		
13	Taurus	negative		
14	Gemini	neutral	1:15 AM	2:42 AM
15	Gemini	neutral	5:06 PM	
16	Cancer	positive		5:13 AM
17	Cancer	positive	7:56 PM	
18	Leo	negative		8:42 AM
19	Leo	negative		
20	Leo	negative	7:40 AM	1:34 PM
21	Virgo	positive		
22	Virgo	positive	10:42 AM	7:17 PM
23	Libra	negative		
24	Libra	negative	8:15 AM	
25	Scorpio	negative		4:57 AM
26	Scorpio	negative		
27	Scorpio	negative	1:08 PM	4:58 PM
28	Sagittarius	negative		
29	Sagittarius	negative	2:46 PM	
30	Capricorn	positive		5:24 AM
31	Capricorn	negative	11:26 PM	

PHASES	Full Moon:	6th	Third Quarter:	13th
	New Moon:	20th	First Quarter:	28th

# MOON TABLES

## September 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Capricorn	negative		3:52 PM
2	Aquarius	positive		
3	Aquarius	positive	3:21 PM	11:07 PM
4	Pisces	negative		
5	Pisces	negative	8:26 AM	
6	Aries	positive		3:24 AM
7	Aries	positive	11:21 AM	
8	Taums	neutral		5:56 AM
9	Taums	neutral	1:25 PM	
10	Gemini	negative		8:05 AM
11	Gemini	negative	3:24 PM	
12	Cancer	neutral		10:54 AM
13	Cancer	neutral	11:19 PM	
14	Cancer	neutral		2:53 PM
15	Leo	positive	6:42 PM	
16	Leo	positive		8:19 PM
17	Virgo	negative		
18	Virgo	negative	7:47 PM	
19	Libra	positive		3:55 AM
20	Libra	positive	3:10 PM	
21	Libra	positive		1:07PM
22	Scorpio	negative		
23	Scorpio	negative	4:33 AM	
24	Sagittarius	negative		12:53 AM
25	Sagittarius	negative		
26	Sagittarius	negative	12:19 AM	1:37 PM
27	Capricorn	negative		
28	Capricorn	negative	6:51 PM	
29	Aquarius	positive		12:55 AM
30	Aquarius	positive	7:29 AM	
<b>PHASES</b>	<b>Full Moon:</b>	<b>4th</b>	<b>Third Quarter:</b>	<b>11th</b>
	<b>New Moon:</b>	<b>18th</b>	<b>First Quarter:</b>	<b>26th</b>

APPENDIX 2

October 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Pisces	negative		8:43 AM
2	Pisces	negative		
3	Pisces	negative	6:10 AM	12:43 PM
4	Aries	positive	7:54 PM	
5	Aries	positive		2:07 PM
6	Taums	neutral	8:41 PM	
7	Taums	neutral		2:48 PM
8	Gemini	negative	3:58 PM	
9	Gemini	negative		4:30 PM
10	Cancer	neutral		
11	Cancer	neutral	12:59 AM	8:17 PM
12	Leo	positive		
13	Leo	positive	7:58 AM	
14	Virgo	negative		2:21 AM
15	Virgo	negative	1:54 PM	
16	Libra	positive		10:27 AM
17	Libra	positive		
18	Libra	positive	10:37 AM	8:25 PM
19	Scorpio	negative		
20	Scorpio	negative	10:43 AM	
21	Sagittarius	negative		8:10 AM
22	Sagittarius	negative		
23	Sagittarius	negative	5:02 PM	9:04 PM
24	Capricorn	negative		
25	Capricorn	negative	12:33 PM	
26	Aquarius	positive		9:15 AM
27	Aquarius	positive	6:27 PM	
28	Aquarius	positive		6:23 PM
29	Pisces	negative		
30	Pisces	negative	5:48 AM	11:15 PM
31	Aries	positive		

PHASES      Full Moon:          4th      Third Quarter: 10th  
                  New Moon:          18th     First Quarter: 26th

# MOON TABLES



November 1990

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Aries	positive	8:20 AM	
2	Taurus	neutral		12:32 AM
3	Taurus	neutral	8:26 AM	
4	Gemini	negative	8:31 PM	12:07 AM
5	Gemini	negative		
6	Cancer	neutral		12:08 AM
7	Cancer	neutral	6:28 PM	
8	Leo	positive		2:25 AM
9	Leo	positive		
10	Virgo	negative	6:20 AM	7:49 AM
11	Virgo	negative		
12	Virgo	negative	1:25 AM	4:09 PM
13	Libra	positive		
14	Libra	positive	8:41 AM	
15	Scorpio	negative		2:40 AM
16	Scorpio	negative		
17	Scorpio	negative	12:59 PM	2:40 PM
18	Sagittarius	negative	5:47 PM	
19	Sagittarius	negative		
20	Capricorn	negative		3:32 AM
21	Capricorn	negative	11:07 PM	
22	Capricorn	negative		4:08 PM
23	Aquarius	positive		
24	Aquarius	positive	7:18 AM	
25	Pisces	negative		2:33 AM
26	Pisces	negative	9:46 PM	
27	Aries	positive		9:07 AM
28	Aries	positive		
29	Taurus	neutral	6:19 AM	11:38 AM
30	Taurus	neutral	11:21 PM	

**PHASES**      **Full Moon:**      2nd      **Third Quarter:**      9th  
                  **New Moon:**      17th      **First Quarter:**      25th

## APPENDIX 2

### December 1996

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Gemini	negative		11:23 AM
2	Gemini	negative	3:49 PM	
3	Cancer	neutral		9:28 AM
4	Cancer	neutral	11:01 PM	
5	Leo	positive		11:01 AM
6	Leo	positive		
7	Leo	positive	3:40 AM	2:40 PM
8	Virgo	negative		
9	Virgo	negative	4:15 PM	10:01 PM
10	Libra	positive		
11	Libra	positive	7:29 PM	
12	Scorpio	negative		8:29 PM
13	Scorpio	negative		
14	Scorpio	negative	8:23 PM	8:45 PM
15	Sagittarius	negative		
16	Sagittarius	negative	11:23 PM	
17	Capricorn	positive		9:36 AM
18	Capricorn	positive		
19	Capricorn	positive	7:38 PM	10:00 PM
20	Aquarius	negative		
21	Aquarius	negative		
22	Pisces	positive	5:48 AM	8:49 AM
23	Pisces	positive		
24	Pisces	positive	1:26 PM	4:46 PM
25	Aries	neutral		
26	Aries	neutral	6:55 PM	9:10 PM
27	Taurus	negative		
28	Taurus	negative	6:58 PM	10:27 PM
29	Gemini	neutral		
30	Gemini	neutral	2:08 PM	10:03 PM
31	Cancer	positive		

PHASES      **Full Moon:**      2nd      **Third Quarter:**      9th  
                  **New Moon:**      17th      **First Quarter:**      25th  
                  **Full Moon:**      31st

# MOON TABLES

## January 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Cancer	positive	6:17 PM	9:55 PM
2	Leo	negative		
3	Leo	negative	8:10 PM	11:58 PM
4	Virgo	positive		
5	Virgo	positive		
6	Libra	negative	1:41 AM	5:34 AM
7	Libra	negative		
8	Libra	negative	8:13 AM	3:00 PM
9	Scorpio	negative		
10	Scorpio	negative	11:44 PM	
11	Sagittarius	negative		3:07 AM
12	Sagittarius	negative		
13	Sagittarius	negative	3:01 PM	4:01 PM
14	Capricorn	positive		
15	Capricorn	positive		
16	Aquarius	negative	2:15 AM	4:05 AM
17	Aquarius	negative		
18	Aquarius	negative	1:03 PM	2:24 PM
19	Pisces	positive		
20	Pisces	positive	6:52 PM	10:28 PM
21	Aries	positive		
22	Aries	positive		
23	Taurus	neutral	1:03 AM	4:02 AM
24	Taurus	neutral		
25	Gemini	negative	4:42 AM	7:07 AM
26	Gemini	negative		
27	Cancer	neutral	4:46 AM	8:24 AM
28	Cancer	neutral		
29	Leo	positive	7:30 AM	9:04 AM
30	Leo	positive	6:23 PM	10:45 PM
31	Virgo	negative		

**PHASES**      **Third Quarter: 7th**      **New Moon: 15th**  
                   **First Quarter: 23rd**      **Full Moon: 30th**

APPENDIX 2

February 1991

	SIGN	MARS RELATION	VOID OF COURSE	
			BEGIN	END
1	Virgo	negative		
2	Virgo	negative	2:13 PM	3:03 PM
3	Libra	positive		
4	Libra	positive	10:40 PM	11:02 PM
5	Scorpio	negative		
6	Scorpio	negative	2:58 PM	
7	Sagittarius	negative		10:24 AM
8	Sagittarius	negative		
9	Sagittarius	negative	3:06 AM	11:17 PM
10	Capricorn	negative		
11	Capricorn	negative	4:13 PM	
12	Aquarius	positive		11:17 AM
13	Aquarius	positive		
14	Aquarius	positive	12:33 PM	9:00 PM
15	Pisces	negative		
16	Pisces	negative	3:53 PM	
17	Aries	positive		4:12 AM
18	Aries	positive	5:36 PM	
19	Taurus	neutral		9:25 AM
20	Taurus	neutral		
21	Taurus	neutral	11:45 AM	1:11 PM
22	Gemini	negative		
23	Gemini	negative	3:09 PM	3:57 PM
24	Cancer	neutral		
25	Cancer	neutral	2:07 AM	6:13 PM
26	Leo	positive		
27	Leo	positive	4:03 AM	8:51 PM
28	Virgo	negative		

**ES**      **Third Quarter: 6th**      **New Moon: 14th**  
**First Quarter: 21st**      **Full Moon: 28th**

# MOON TABLES

## March 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Virgo	negative	8:03 AM	
2	Libra	positive		1:04 AM
3	Libra	positive	6:22 AM	
4	Scorpio	negative		8:09 AM
5	Scorpio	negative	11:27 PM	
6	Scorpio	negative		6:36 PM
7	Sagittarius	negative		
3	Sagittarius	negative	7:41 PM	
9	Capricorn	negative		7:15 AM
10	Capricorn	negative		
11	Capricorn	negative	1:02 AM	7:32 PM
12	Aquarius	positive		
13	Aquarius	positive	5:54 PM	
14	Pisces	negative		5:12 AM
15	Pisces	negative		
16	Aries	positive	3:11 AM	11:39 AM
17	Aries	positive		
18	Aries	positive	3:35 PM	3:41 PM
19	Taums	neutral		
20	Taums	neutral	6:22 PM	6:38 PM
21	Gemini	negative		
22	Gemini	negative	11:28 AM	9:28 PM
23	Cancer	neutral		
24	Cancer	neutral	10:31 AM	
25	Leo	positive		12:44 AM
26	Leo	positive	10:24 PM	
27	Virgo	negative		4:42 AM
28	Virgo	negative		
29	Libra	positive	5:30 AM	9:50 AM
30	Libra	positive		
31	Libra	positive	2:51 PM	5:02 PM
<b>PHASES</b>		<b>Third Quarter: 8th</b>	<b>New Moon:</b>	<b>16th</b>
		<b>First Quarter: 23rd</b>	<b>Full Moon:</b>	<b>30th</b>



APPENDIX 2

April 1991

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
1	Scorpio	negative		
2	Scorpio	negative	7:17 AM	
3	Sagittarius	negative		3:00 AM
4	Sagittarius	negative		
5	Sagittarius	negative	1:14 PM	3:20 PM
6	Capricorn	negative		
7	Capricorn	negative		
8	Aquarius	negative	12:44 AM	4:01 AM
9	Aquarius	negative		
10	Aquarius	negative	9:08 AM	2:19 PM
11	Pisces	positive		
12	Pisces	positive	2:37 AM	8:50 PM
13	Aries	negative		
14	Aries	negative	2:46 PM	
15	Taurus	positive		12:06 AM
16	Taurus	positive	8:39 AM	
17	Gemini	neutral		1:42 AM
18	Gemini	neutral		
19	Cancer	negative	1:08 AM	3:18 AM
20	Cancer	negative	1:31 PM	
21	Leo	neutral		6:05 AM
22	Leo	neutral	3:55 PM	
23	Virgo	positive		10:30 AM
24	Virgo	positive	9:20 PM	
25	Virgo	positive		4:37 PM
26	Libra	negative		
27	Libra	negative	2:01 AM	
28	Scorpio	positive		12:35 AM
29	Scorpio	positive	1:42 PM	
30	Sagittarius	negative		10:43 AM

**PHASES**      **Third Quarter: 7th**      **New Moon: 14th**  
**First Quarter: 21st**      **Full Moon: 28th**

# MOON TABLES

**May 1991**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
<b>1</b>	Sagittarius	negative		
<b>2</b>	Sagittarius	negative	8:00 AM	10:55 PM
<b>3</b>	Capricorn	negative		
<b>4</b>	Capricorn	negative	2:49 PM	
<b>5</b>	Aquarius	negative		11:52 AM
<b>6</b>	Aquarius	negative		
<b>7</b>	Aquarius	negative	8:58 PM	11:05 PM
<b>8</b>	Pisces	positive		
<b>9</b>	Pisces	positive	1:07 PM	
10	Aries	negative		6:36 AM
11	Aries	negative		
12	Taurus	positive	1:52 AM	10:08 AM
<b>13</b>	Taurus	positive	11:37 PM	
14	Gemini	neutral		11:03 AM
15	Gemini	neutral		
<b>16</b>	Cancer	negative	10:41 AM	11:15 AM
<b>17</b>	Cancer	negative		
18	Cancer	negative	7:38 AM	12:31 PM
<b>19</b>	Leo	neutral		
20	Leo	neutral	2:47 PM	4:01 PM
21	Virgo	positive		
22	Virgo	positive	6:20 PM	10:09 PM
<b>23</b>	Libra	negative		
24	Libra	negative		
25	Scorpio	positive	5:30 AM	6:42 AM
<b>26</b>	Scorpio	negative	8:59 PM	
<b>27</b>	Scorpio	negative		5:22 PM
28	Sagittarius	positive	10:16 AM	
<b>29</b>	Sagittarius	positive		
<b>30</b>	Capricorn	negative		5:41 AM
<b>31</b>	Capricorn	negative		

<b>PHASES</b>	<b>Third Quarter: 6th</b>	<b>New Moon: 14th</b>	
	<b>First Quarter: 20th</b>	<b>Full Moon: 28th</b>	

APPENDIX 2

June 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
1	Capricorn	negative	9:29 AM	6:43 PM
2	Aquarius	negative		
3	Aquarius	negative		
4	Pisces	negative	3:52 AM	6:37 AM
5	Pisces	negative	5:43 PM	
6	Pisces	negative		3:26 PM
7	Aries	positive	9:32 PM	
8	Aries	positive		8:14 PM
9	Taurus	negative		
10	Taurus	negative	2:28 AM	9:37 PM
11	Gemini	positive		
12	Gemini	positive	7:07 AM	9:17 PM
13	Cancer	neutral		
14	Cancer	neutral	2:02 AM	9:11 PM
15	Leo	negative		
16	Leo	negative	2:50 PM	11:04 PM
17	Virgo	neutral		
18	Virgo	neutral	11:20 PM	
19	Libra	positive		4:02 AM
20	Libra	positive		
21	Libra	positive	11:59 AM	12:19 PM
22	Scorpio	negative	11:16 PM	
23	Scorpio	negative		11:17 PM
24	Sagittarius	positive		
25	Sagittarius	positive	12:25 PM	
26	Capricorn	negative		11:50 AM
27	Capricorn	negative		
28	Capricorn	negative	2:22 AM	
29	Aquarius	negative		12:48 AM
30	Aquarius	negative	10:48 PM	
PHASES	<b>Third Quarter:</b>	<b>5th</b>	New Moon:	<b>12th</b>
	<b>First Quarter:</b>	<b>18th</b>	Full Moon:	<b>26th</b>

## MOON TABLES

**July 1991**

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	END
<b>1</b>	Aquarius	negative		12:52 PM
<b>2</b>	Pisces	negative		
<b>3</b>	Pisces	negative	10:10 PM	10:34 PM
<b>4</b>	Aries	positive		
<b>5</b>	Aries	positive	10:59 PM	
<b>6</b>	Taurus	negative		4:53 AM
<b>7</b>	Taurus	negative		
<b>8</b>	Gemini	positive	4:43 AM	7:43 AM
<b>9</b>	Gemini	positive		
<b>10</b>	Cancer	neutral	7:22 AM	8:04 AM
<b>11</b>	Cancer	neutral	2:07 PM	
<b>12</b>	Leo	negative		7:36 AM
<b>13</b>	Leo	negative		
<b>14</b>	Virgo	neutral	7:10 AM	8:12 AM
<b>15</b>	Virgo	negative	11:35 PM	
<b>16</b>	Libra	neutral		11:35 AM
<b>17</b>	Libra	neutral		
<b>18</b>	Libra	neutral	10:12 AM	6:42 PM
<b>19</b>	Scorpio	positive		
<b>20</b>	Scorpio	positive		
<b>21</b>	Sagittarius	negative	1:20 AM	5:17 AM
<b>22</b>	Sagittarius	negative		
<b>23</b>	Sagittarius	negative	12:32 PM	5:56 PM
<b>24</b>	Capricorn	positive		
<b>25</b>	Capricorn	positive	5:41 AM	
<b>26</b>	Aquarius	negative		6:50 AM
<b>27</b>	Aquarius	negative	10:51 PM	
<b>28</b>	Aquarius	negative		6:36 PM
<b>29</b>	Pisces	negative		
<b>30</b>	Pisces	negative	4:43 AM	
<b>31</b>	Aries	negative		4:21 AM
<b>PHASES</b>		<b>Third Quarter: 4th</b>	<b>New Moon: 11th</b>	
		<b>First Quarter: 18th</b>	<b>Full Moon: 26th</b>	

APPENDIX 2

August 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Aries	negative	7:21 PM	
2	Taurus	positive		11:33 AM
3	Taurus	positive		
4	Taurus	positive	1:24 AM	3:55 PM
5	Gemini	negative		
6	Gemini	negative	4:41 AM	5:48 PM
7	Cancer	positive	10:16 PM	
8	Cancer	positive		6:10 PM
9	Leo	neutral		
10	Leo	neutral	7:01 AM	6:36 PM
11	Virgo	negative	11:49 PM	
12	Virgo	negative		8:53 PM
13	Libra	neutral		
14	Libra	negative	3:13 PM	
15	Scorpio	positive		2:34 AM
16	Scorpio	positive		
17	Scorpio	positive	1:06 AM	12:12 PM
18	Sagittarius	negative		
19	Sagittarius	negative		
20	Capricorn	positive	12:03 AM	12:35 AM
21	Capricorn	positive		
22	Capricorn	positive	12:29 AM	1:28 PM
23	Aquarius	negative		
24	Aquarius	negative	8:43 PM	
25	Pisces	negative		12:52 AM
26	Pisces	negative		
27	Aries	negative	4:09 AM	10:02 AM
28	Aries	negative		
29	Aries	negative	11:45 AM	5:01 PM
30	Taurus	positive		
31	Taurus	positive	9:52 PM	10:03 PM

PHASES      Third Quarter: 3rd      New Moon: 9th  
                  First Quarter: 17th      Full Moon: 25th

## MOON TABLES

September 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Gemini	positive		
2	Gemini	positive	10:02 PM	
3	Cancer	negative		1:20 AM
4	Cancer	negative	7:21 AM	
5	Leo	positive		3:14 AM
6	Leo	positive		
7	Virgo	neutral	2:52 AM	4:36 AM
8	Virgo	neutral	10:39 AM	
9	Libra	negative		6:52 AM
10	Libra	negative		
11	Scorpio	neutral	11:30 AM	11:43 AM
12	Scorpio	neutral		
13	Scorpio	neutral	2:54 AM	8:15 PM
14	Sagittarius	positive		
15	Sagittarius	positive	5:02 PM	
16	Capricorn	negative		8:05 AM
17	Capricorn	negative		
18	Capricorn	negative	11:24 AM	8:59 PM
19	Aquarius	positive		
20	Aquarius	positive	4:54 PM	
21	Pisces	negative		8:21 AM
22	Pisces	negative		
23	Pisces	negative	12:07 AM	4:57 PM
24	Aries	negative		
25	Aries	negative	11:53 AM	11:00 PM
26	Taurus	negative		
27	Taurus	negative	6:22 PM	
28	Gemini	positive		3:26 AM
29	Gemini	positive	11:59 PM	
30	Cancer	negative		6:59 AM
<b>PHASES</b>	<b>Third Quarter:</b>	<b>1st</b>	<b>New Moon:</b>	<b>8th</b>
	<b>First Quarter:</b>	<b>15th</b>	<b>Full Moon:</b>	<b>23rd</b>
	<b>Third Quarter:</b>	<b>30th</b>		

*APPENDIX 2*

**October 1991**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
<b>1</b>	Cancer	negative	5:05 PM	
<b>2</b>	Leo	positive		9:59 AM
<b>3</b>	Leo	positive		
<b>4</b>	Leo	positive	10:15 AM	12:46 PM
<b>5</b>	Virgo	neutral	8:05 PM	
<b>6</b>	Virgo	neutral		4:01 PM
<b>7</b>	Libra	negative		
<b>8</b>	Libra	negative	11:10 AM	9:01 PM
<b>9</b>	Scorpio	neutral		
<b>10</b>	Scorpio	neutral	8:04 AM	
<b>11</b>	Sagittarius	positive		4:59 AM
<b>12</b>	Sagittarius	positive		
<b>13</b>	Sagittarius	positive	12:00 PM	4:11 PM
<b>14</b>	Capricorn	negative		
<b>15</b>	Capricorn	negative		
<b>16</b>	Aquarius	positive	4:33 AM	5:05 AM
<b>17</b>	Aquarius	negative		
<b>18</b>	Aquarius	negative	6:17 AM	4:54 PM
<b>19</b>	Pisces	positive		
<b>20</b>	Pisces	positive	5:53 AM	
<b>21</b>	Aries	negative		1:34 AM
<b>22</b>	Aries	negative		
<b>23</b>	Taurus	negative	6:09 AM	6:56 AM
<b>24</b>	Taurus	negative	4:27 PM	
<b>25</b>	Gemini	negative		10:10 AM
<b>26</b>	Gemini	negative	1:56 PM	
<b>27</b>	Gemini	negative		12:38 PM
<b>28</b>	Cancer	positive		
<b>29</b>	Cancer	positive	12:04 AM	3:21 PM
<b>30</b>	Leo	negative		
<b>31</b>	Leo	negative	9:06 AM	6:48 PM

<b>PHASES</b>	<b>New Moon:</b>	<b>7th</b>	<b>First Quarter:</b>	<b>15th</b>
	<b>FuII Moon:</b>	<b>23rd</b>	<b>Third Quarter:</b>	<b>30th</b>

# MOON TABLES

November 1991

	SIGN	MARS RELATION	VOID OF COURSE BEGIN	VOID OF COURSE END
1	Virgo	positive		
2	Virgo	positive	7:40 PM	11:13 PM
3	Libra	neutral		
4	Libra	neutral	12:54 AM	
5	Scorpio	negative		5:10 AM
6	Scorpio	negative		
7	Scorpio	negative	10:05 AM	1:22 PM
8	Sagittarius	neutral	9:53 AM	
9	Sagittarius	neutral		
10	Capricorn	positive		12:17 AM
11	Capricorn	positive	5:16 PM	
12	Capricorn	positive		1:07 PM
13	Aquarius	negative		
14	Aquarius	negative	9:02 AM	
15	Pisces	positive		1:34 AM
16	Pisces	positive		
17	Aries	negative	12:37 AM	11:09 AM
18	Aries	negative	8:37 PM	
19	Aries	negative		4:50 PM
20	Taums	negative		
21	Taums	negative	5:57 PM	7:23 PM
22	Gemini	negative		
23	Gemini	negative	7:53 AM	8:26 PM
24	Cancer	positive		
25	Cancer	positive	5:57 PM	9:38 PM
26	Leo	negative		
27	Leo	negative	11:05 PM	
28	Virgo	positive		12:13 AM
29	Virgo	negative	6:13 PM	
30	Libra	positive		4:48 AM

<b>PHASES</b>	New Moon: <b>6th</b>	First Quarter:    14th
	Full Moon:           21st	Third Quarter:   28th



*APPENDIX 2*

**December 1991**

	<b>SIGN</b>	<b>MARS RELATION</b>	<b>VOID OF COURSE BEGIN</b>	<b>END</b>
<b>1</b>	Libra	positive		
<b>2</b>	Scorpio	neutral	3:04 AM	11:34 AM
<b>3</b>	Scorpio	neutral		
<b>4</b>	Scorpio	neutral	3:30 AM	8:23 PM
<b>5</b>	Sagittarius	negative		
<b>6</b>	Sagittarius	negative	9:18 AM	
<b>7</b>	Capricorn	negative		7:42 AM
<b>8</b>	Capricorn	neutral		
<b>9</b>	Capricorn	negative	2:48 AM	8:28 PM
<b>10</b>	Aquarius	positive		
<b>11</b>	Aquarius	positive	4:03 PM	
<b>12</b>	Pisces	negative		9:20 AM
<b>13</b>	Pisces	negative		
<b>14</b>	Pisces	negative	4:33 AM	8:07 AM
<b>15</b>	Aries	positive		
<b>16</b>	Aries	positive	5:19 PM	
<b>17</b>	Taurus	negative		3:11 AM
<b>18</b>	Taurus	negative	4:30 PM	
<b>19</b>	Gemini	negative		5:22 AM
<b>20</b>	Gemini	negative		
<b>21</b>	Cancer	negative	5:24 AM	6:55 AM
<b>22</b>	Cancer	negative	5:36 PM	
<b>23</b>	Leo	positive		6:39 AM
<b>24</b>	Leo	positive	6:12 PM	
<b>25</b>	Virgo	negative		7:24 AM
<b>26</b>	Virgo	negative		
<b>27</b>	Libra	positive	1:27 AM	10:38 AM
<b>28</b>	Libra	positive		
<b>29</b>	Libra	positive	1:52 AM	5:04 PM
<b>30</b>	Scorpio	neutral		
<b>31</b>	Scorpio	neutral	11:07 AM	

**PHASES**      **New Moon: 6th**      **First Quarter: 14th**  
**Full Moon: 21st**      **Third Quarter: 27th**

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